



News Release

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### **Columbus Otolaryngology Clinic offers game-changing sleep apnea treatment**

For Immediate Release

**(COLUMBUS, Neb.)** — If you suffer from sleep apnea and have had difficulties with traditional treatments, there's another option.

Columbus Community Hospital's Columbus Otolaryngology Clinic is pleased to offer Inspire therapy, a groundbreaking treatment option for obstructive sleep apnea. Inspire can help people who struggle with continuous positive airway pressure (CPAP) therapy, offering a promising alternative to help them manage their condition effectively.

Obstructive sleep apnea affects approximately 22 million Americans and can lead to serious health consequences if left untreated. It occurs when the airway collapses during sleep, disrupting oxygen flow to the brain and leading to difficulty with sleeping.

Inspire works inside the body with a patient's natural breathing process. The outpatient procedure involves placing a small device under the skin, typically allowing patients to return home the same day with minimal discomfort. Through mild stimulation, the therapy helps keep the airway open during sleep, making it easier for oxygen to flow. Patients manage the device using a simple handheld remote, activating it before sleep and deactivating it after they wake up.

Dr. Henderson, a doctor at Columbus Otolaryngology Clinic, has been performing Inspire surgeries at Columbus Community Hospital since 2021, establishing himself as a pioneer in the state of Nebraska for this treatment.

"I've witnessed firsthand the transformative impact of Inspire on my patients," said Dr. Henderson. "It not only reduces the frequency of sleep apnea episodes, but it also enhances patients' overall well-being — from improved daytime alertness to reduced heart disease risks."

In order to qualify for Inspire therapy, patients must meet specific criteria, including:

- Intolerance to CPAP
- A suitable body mass index (BMI).
- Recent sleep study results.
- Appropriate apnea hypoxia index (AHI) levels.

Qualified candidates undergo a comprehensive screening process — including consultations and airway examinations — to make sure the therapy is right for them.



For more information about Inspire therapy and its availability at Columbus Otolaryngology Clinic, call the clinic at 402-562-4720 or visit [columbusotolaryngology.org](http://columbusotolaryngology.org).

**About Columbus Otolaryngology Clinic**

Established in 1987, Columbus Otolaryngology Clinic is a cornerstone of expert ear, nose and throat care for Columbus and its neighboring communities. The clinic is committed to delivering comprehensive care that's conveniently located adjacent to Columbus Community Hospital. The clinic offers specialized services such as Botox® and dermal fillers, general and pediatric ENT, nasal and sinus treatment, thyroid treatment, sleep apnea treatment and skin and oral cancer treatment.

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