

More than a Cold

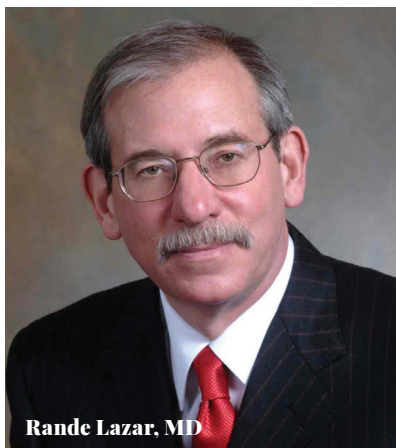
As temperatures drop, pediatric ear, nose, and throat (ENT) specialist Dr. Rande Lazar keeps families in optimal health.

For Dr. Rande Lazar of ENT Memphis, fall means a sharp uptick in visits by sick children and adults whose common colds may have morphed into something more serious.

"Schools and daycares can be a breeding ground for viral and bacterial illnesses," says Dr. Lazar, a fellowship-trained pediatric otolaryngologist. "And once one child gets sick, others are sure to follow."

The symptoms are easily recognizable: runny or stuffy nose, malaise, sore throat, a cough, or a low-grade fever. Most of the time, symptoms clear up on their own or with the help of antibiotics from the family doctor.

Dr. Lazar notes, however, that some viral illnesses can lead to ear infections or sinusitis—a sinus infection brought on by a cold with symptoms similar to



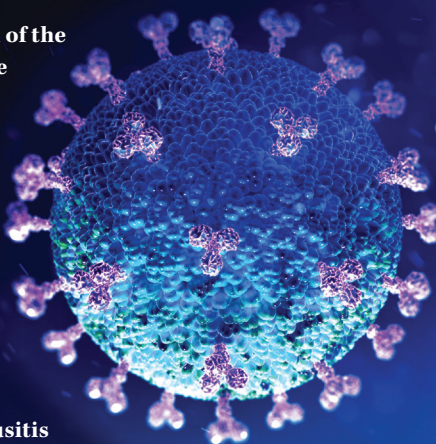
Rande Lazar, MD

COVID-19—and can have painful and even life-threatening consequences. Allergies, another harbinger of autumn, are also frequently mistaken for a cold. Dr. Lazar and his team can provide relief for each of these conditions.

Sinusitis and COVID-19

Sinusitis refers to inflammation of the sinuses, a condition in which the sinus cavities become infected and fail to drain properly. Symptoms include fever, night cough, headaches, and loss of smell. Infections are initially treated with antibiotics, sinus rinses, and steroid nasal spray. If medications do not work, some patients may require surgery.

Because many symptoms of sinusitis are similar to symptoms of COVID-19, Dr. Rande Lazar stresses the importance of testing. "We need to have a heightened awareness based on clinical judgement to determine the appropriate therapy and isolate patients who have tested positive for COVID-19 so that they don't infect those around them," he says.



Ear Infections in Children

ENT problems don't always require surgery, but if they do, the specialists at ENT Memphis offer gentle, state-of-the-art care.

"We consider conservative options first—usually medication—and pride ourselves on taking a practical, comprehensive, and individualized approach," says Dr. Lazar.

He prefers to treat ear infections, typically characterized by pain and bulging eardrums, with antibiotics and oral steroids when appropriate.

"For recurring infections or infections that will not clear, we place ventilating tubes into the ears to relieve pressure and aspirate the fluid," Dr. Lazar explains. "The tubes last nine to 18 months. In about 75% of our cases, the problem is solved, and children do not need a second set."

Introducing Allergia

At the start of 2020, ENT Memphis began a partnership with Allergia, a Florida-based company that provides on-site allergy testing and immunotherapy.

"Allergia is a valuable resource for our patients," notes Dr. Lazar. "Together, we provide a seamless service for patients. Patients can come into the office, start testing, and begin immunotherapy or receive allergy medications at a rapid rate."

"I became a doctor to help patients, and I take that oath seriously," he continues. "Our partnership with Allergia allows us to provide patients with the highest quality comprehensive care in the shortest period of time."



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