

## Balloon Sinusplasty: Breathing easy



*Dr. Alexander Gorup has performed nearly 200 balloon sinusplasty surgeries.*

Millions of people suffer from chronic sinus inflammation (sinusitis). There is hope for those when over-the-counter medicines and more traditional sinus surgery are unable to help. The technology of balloon sinusplasty has arrived and Lafayette area physician Dr. Alexander Gorup is leading the charge.

Traditionally the treatment of sinusitis has been limited to two paths. The first is medical therapy, such as topical nasal steroids and antibiotics. The other is sinus surgery, such as Functional Endoscopic Sinus Surgery (FESS). However, FESS requires bone and tissue removal in order to open up the blocked sinus passageways. Reluctance to surgery has led more than 600,000 people to forego treatment and live with their conditions. A third option, balloon sinusplasty, is a quick-and-easy procedure that will open the door for many sinus sufferers.

The FDA cleared the technology for the procedure in 2005. Depending on the severity of the patient's problem, the surgery can be performed in 15 minutes. The process is done in an operating room with general anesthetic.

The surgery exploits what Gorup calls the natural opening of the sinus. A balloon catheter is placed through the nostril into the blocked passageway. The balloon is gently inflated, and the bony channel is enlarged. It creates little multiple fractures that will change the shape of the passageway. Once the balloon and wire are removed, the new shape remains because there is nothing to collapse it. "It stays in place because it's not really soft tissue. It's a hard and rigid channel that mucus and air can move through," says Gorup.

The procedure has a 98 percent observed [PLEASE TURN TO PAGE 6]



[CONTINUED] open sinus rate and Gorup is very supportive of it.

“Studies came out in 2007 indicating the incredible safety and long-lasting results,” he says. “I started doing it and I’ve done enough to compare to how things are done and were done. In my opinion, this is going to overtake any other way of doing sinus surgery and is probably going to last long into the future.”

Gorup introduced the process to the Lafayette area and was only the sixth doctor in the state certified to perform it. To date he has done nearly 200 cases. According to Gorup, the ideal candidate for this procedure would be a person that suffers from sinusitis with frequent sinus infections, headaches, facial pain/pressure and who has not really responded to over-the-counter medicine, as well as those who were anxious about the previous types of surgery.

“They heard from friends about the packing and bleeding in the old surgeries, but now patients are recommending this surgery because there is no packing or bleeding and the recovery time can be less than a day.”

Gorup graduated from Tulane Medical School in 1992, then did post-graduate work at Columbia in New York followed by fellowship training at the University of Southern California. Today he is a physician with Lafayette Ear, Nose and Throat, a Unity Healthcare Partner.

“One of the great things about being a physician is that experience of taking care of someone and helping them with a true problem. It hasn’t gotten old yet,” he adds. *—by Joseph Fowler*

*For more information about balloon sinuplasty, contact Gorup at (765) 446-5151 or visit the [www.balloonsinuplasty.com](http://www.balloonsinuplasty.com).*

## How I stay [FIT]

So what does it take to be a top bowling coach? We sat down with Scott Savage, Purdue Head Bowling Coach, and Doug Weedman, the assistant coach and continuing instructor of 15 years, to talk about what it takes to be named one of the top 100 bowling coaches in the world by *Bowlers Journal International*.

### **HARRY: How long have you been involved in bowling?**

Savage: I basically started organized league play when I was 8; my parents were both in a league. My grandpa was one of the best bowlers in town. He took me to youth tournaments all around the Midwest and even some nationally.

### **HARRY: Was there a particular bowling coach or anyone who influenced you?**

Savage: My grandpa had a big influence. He gave me the basis for my certain philosophy. He is very patient and a little more subtle, which is the approach I’ve taken as well.

### **HARRY: What do you think is the No. 1 mistake people make while bowling ?**

Weedman: The biggest mistakes that people make, especially among guys, is probably throwing the ball too hard. You have to think of it as a dance. The ball is your dance partner; it is a game of rhythm. The other mistake is that people do not realize how athletic bowlers are. People take bowling for granted. Over the past generation bowling has lost a lot of credit as a serious sport. It is still the No. 1 participation sport in the country.

### **HARRY: Have you seen a change in the mindset on the outlook of bowling over your years in your students? In the public?**

Weedman: I do not think bowling will ever be respected as it once was. Back in the 1950s, if someone did something great in bowling it was on the front page of the sports section of the newspaper. I don’t think we’ll see that again. There is a slight turn around. Bowling is beginning to market itself at two levels. The recreational level and “sport” level, which has more challenging lane conditions and emphasis on coaches. Youth bowlers are starting to realize that there is another level to the game. If they work hard at it, they can make it to that level. They can be worthy of the challenge and see what it takes to be successful on that level.