

# Dr. Payam Shadi and Dr. Joseph Broujerdi

## Form NEW "SLEEP TEAM" in Miracle Mile

**D**r. Payam Shadi and Dr. Joseph Broujerdi have formed a "Sleep Team" for patients in Southern California. The two Miracle Mile-based doctors have the unique ability to diagnose, manage, treat and cure patients of all ages who exhibit the highly dangerous effects of Sleep Apnea and related Sleep Disorders.

According to recent studies, some 20-million Americans suffer from Sleep Apnea, with an estimated 80-percent of sufferers going through life undiagnosed. A recent survey of working people in the U.S. between ages 30-60 concluded that 24% of men and 9% of women had Sleep Apnea.

Sleep Apnea means "pause and stop breathing." A normal person likely stops breathing up to 5 times an hour during sleep. However, if someone stops breathing more than 5 times, they have Sleep Apnea. There are three forms of Sleep Apnea, Obstructive Sleep Apnea (OSA,) the most

common form, occurs when tissues and muscles in the throat of the sleeper and the tongue collapse and block the flow of air in and out of the lungs during sleep.

Medical problems resulting from Sleep Apnea can include an increased risk of heart problems, including congestive heart failure and a heart attack, stroke and high blood pressure, constant fatigue and personality changes.

At their Advance Sleep clinic, the two doctors invite patients to spend a night so they can conduct a study called a Polysomnogram, which is used to help detect a variety of sleep disorders.

While there are non-surgical options, the surgical options for a Sleep Apnea patient range from procedures

involving nasal, soft palate/throat, or base of tongue, to upper and lower jaw surgeries to correct airway passage during sleep. The most complex operation Dr. Broujerdi performs to correct severe sleep apnea is to move both the upper and lower jaws forward.

Dr. Payam Shadi is the Director of the Advance Sleep Medical Center. He is a Diplomate of the American Board of Internal Medicine, and has extensive experience in the field of Sleep Medicine.

He has gained invaluable practical experience in this field having worked in prominent Southern California hospitals, and has also held the role of Researcher, both in the private sector and while based at UCLA's Department of Molecular Biology.

**D**r. Joseph Broujerdi is a Plastic & Reconstructive Surgeon specializing in body and facial aesthetics. A graduate of the University of Pennsylvania and a recipient of the Henry M. Goldman award, he has trained in Craniofacial/Pediatric Plastic Surgery, Plastic & Reconstructive Surgery, General Surgery and Maxillofacial Surgery. He specializes in obstructive sleep apnea and complex sleep disorders surgeries.



Dr. Payam Shadi



Dr. Joseph Broujerdi

**For more information, please call 323-938-9999 or visit [www.advancesleep.com](http://www.advancesleep.com)**