



Healing Above the Shoulders

From sinus relief to sleep apnea, Rande Lazar, M.D., has spent more than 40 years helping families breathe easier, sleep better, and sing stronger.

One would think that the charm of working as an ear, nose, and throat specialist would wear off for Rande Lazar, M.D., after more than 40 years of serving patients. Instead, he has never loved his job more than he does today.

"I've been blessed. I always say every day is a holiday, every meal is a banquet, and every day in the clinic is a family reunion," says Dr. Lazar, owner of ENT Memphis. "I love coming to work and experiencing life with my patients. Being a part of their lives, while improving their day-to-day, is deeply rewarding."

Whether helping a husband whose snoring has become excessive, or a wife who can no longer hear the snoring due

to earwax blocking the noise, patients of all ages turn to Dr. Lazar for relief from any disorder that occurs above the shoulders.

"My practice is very diverse," says Dr. Lazar. "We see patients from all walks of life regardless of their age, insurance status, or condition. Sometimes, it's a parent taking in their young child for an ear infection, while other times, it's a 70-year-old child driving their 90-year-old parent to an appointment."

A Voice for Singers

Many patients first notice changes in their voice while singing in church.

Someone who has spent their life singing hymns in a choir finds they no longer hit or sustain a note, and they cannot understand why.

"The larynx, or voice box, is a fickle, glorious organ sensitive to change," Dr. Lazar explains. "Singers are especially sensitive to problems involving the throat."

Using state-of-the-art scopes and diagnostic tools, Dr. Lazar can examine a patient's voice box to determine the cause of voice changes and recommend appropriate treatment options. Sometimes, the issue is aging. An aging larynx can cause swallowing disorder. Other times, reflux may be the culprit, particularly if patients feel like something is stuck in the back of the throat.

"As a general rule of thumb, you should see a specialist if your voice has been hoarse for two weeks or longer to rule out cancer," says Dr. Lazar. "But most of the time, change in voice comes from reflux related to age, body size, and food intake. As people age, they usually put on a bit of weight and begin to experience reflux symptoms or silent reflux that can affect their voice and swallowing."

While he can't turn back time, Dr. Lazar finds purpose and satisfaction in keeping each patient's vocal cords healthy and strong while setting realistic expectations for the outcome.

"We can't give an 80-year-old the voice they had at 40, but certain conditions, such as reflux or a vocal cord nodule or polyp, are quite treatable, allowing me to keep people singing the best they can," he concludes.



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