



Ear, Nose, Throat, Smile

Ear, nose, and throat specialist Rande Lazar, M.D., adds sunny days to the lives of generations of patients visiting his practice for relief from disorders above the shoulders.

It's not a coincidence that winter is the season when ear, nose, and throat (ENT) specialist Rande Lazar, M.D., sees his friends most often. But while the season of sinusitis, flu, and sore throats ensures that he won't be lonely over the holidays, he encourages patients to take preventive measures to help families welcome the new year in good health.

"Many kids get sick in the winter due to closed environments," says Dr. Lazar, senior physician at ENT Memphis. "They spend a lot of time inside buses and schools rather than outside playing with friends. When they cough or sneeze, they increase the risk of spreading an upper respiratory infection, such as ear infections, colds, sinusitis, sore throats, and tonsillitis."



The illness threat extends beyond children as anyone working with them is at risk of catching and spreading upper respiratory infections. Beyond washing hands and disinfecting surfaces, Dr. Lazar suggests wearing a face mask when sick to prevent the spread of illness and getting an annual flu shot to minimize the damage if caught.

"I know it's a touchy subject, but adults and children can get really sick and die from the flu," says Dr. Lazar. "I've gotten the flu vaccine every year, as do my wife and daughter. If you do get the flu after receiving the vaccine, it's usually not severe. The flu vaccine is especially important for people with preexisting conditions, like diabetes or heart disease."

41 Years of Relief

Even after 41 years in the field, Dr. Lazar still finds something in each day worth celebrating.

"I'm happy when I make a patient happy, which is why I love coming to work each day," says Dr. Lazar. "There are so many rewarding situations."

Some of the cases still leave the team pleasantly surprised. When 8-year-old twin boys came in recently, one of them was nearly 2.5 inches shorter and 20 pounds lighter than the other. He

had sleep disturbance, snoring, mouth breathing, restlessness at night, and had difficulty concentrating. Dr. Lazar removed his tonsils and adenoids, and six months later, he caught up to his brother in height. They now look like the twins they are.

The results are life-changing for the family and a joy for Dr. Lazar, who doesn't go a day without reason to smile.

"Yesterday, I saw a patient with a chronic ear infection. She told me that I took out her tonsils and put tubes in her ears when she was three," says Dr. Lazar. "It feels nice to treat generations of patients. I feel like a proud grandparent seeing the children of patients I've taken care of their entire life."



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