



THE OFFICES OF BRADLEY J. CHASTANT, MD, FACS AND JEFFREY J. JOSEPH, MD, FACS

FACE::Forward

A SERVICE OF ACADIAN EAR, NOSE, THROAT AND FACIAL PLASTIC SURGERY CENTER



Bradley J. Chastant, MD FACS
Board certified otolaryngologist
and facial plastic surgeon

Jeffrey J. Joseph, MD FACS
Board certified otolaryngologist
and facial plastic surgeon

ONE STOP FOR ENT SERVICES

For issues related to the ear, nose or throat, balance, allergies, sinus disorders, facial plastic surgery and skin care, Acadian Ear Nose, Throat and Facial Plastic Surgery Center is a one stop shop providing convenient and comprehensive care for all age groups in one easy to find location.



1000 W. Pinhook Road
Suite 201

In the Oil Center between Audubon Blvd and Travis St.

337.237.0650
info@acadianent.com

Acadian 
Ear, Nose, Throat and
Facial Plastic Surgery Center



To Do List

Before Summer

1. Schedule Noah's tonsillectomy
2. Get Gracie fitted for swim earplugs
3. Take Dad for hearing and balance eval

Before Cruise

1. Talk to Jim--laser hair removal!
2. Get make-up with sunscreen
3. Botox my frown lines

You can handle many of the items on your summer to do list quickly and all in one location with one call to Acadian Ear, Nose and Throat Center. Call 237-0650 to schedule your youngster's tonsillectomy and avoid weeks of missed school; or get them fitted for earplugs before their summer swimming lessons begin. You can also take care of the hearing and balance evaluation for your parents or your in-laws all in one convenient place and with one easy phone call. Want body hair permanently removed from your legs or your husband's back before that summer cruise or get new make up with advanced sun screening? Call 237-0650. And, there is so much more that can make your summer more enjoyable and almost trouble free. Visit www.acadianent.com for a complete list of services and products today.

How Does Your Garden Grow?

In the South, we enjoy being outdoors in the spring and early fall. We are either working in our flower or vegetable gardens or we are entertaining family and friends with outdoor parties.



The downside to all this outdoor living is that many of our most beloved plants are wind-pollinated and that can be a source of great discomfort for many. If you have a sensitive nose or pollen allergy, there are some plants and trees you should consider excluding from your landscaping - these include amaranths, juniper, elderberry, sycamore, elm, oak and birch trees. Those you can include without aggravating your allergies include poppies, azaleas, begonias, tulips, iris, yucca, hibiscus, boxwood, verbena shrubs, pine, fir and palm trees.



If you simply can't live without a particular variety of wind-pollinated plant, here are some simple precautions you can take to minimize your exposure.

- Avoid gardening in the early morning hours when pollen is heaviest
- Avoid being outside on windy days
- Wear a Hepa filtration mask
- Change out of your gardening clothing when you enter your home
- Shower and wash your hair before going to bed

Acadian Allergy Center provides comprehensive testing and clinical care for allergy sufferers of all ages. We also provide a complete line of products for the home to make living with allergies easier. Go to www.acadianent.com for more information or call 337-237-0779.

So, You're Over Forty. Now what?

Both men and women reach a time in their lives when the physical demands of a successful career, raising a family or dealing with life in general begins to show.



After 40, the lack of proper skin care, too little time for exercise, too much sun and eating on the run begins to effect our body and nowhere more than on our face. But what if this was the best time to really evaluate your face's potential and particular needs? Modern science and clinical expertise can now correct your facial balance, plump out lines, use lasers or chemicals to resurface your skin and generally create a more youthful, more rested appearance. Best of all, most experts agree that a few strategic procedures during your 40's can reduce the need for a major procedure in your 50's. Maybe 40 really can be the new 30! Call the experts at Acadian Facial Plastic Surgery Center or Acadian Skin Care Center for a comprehensive evaluation of your needs. 337-237-0650.

Laser Skin Resurfacing

The surgeons at Acadian Facial Plastic Surgery Center have some effective, non-surgical solutions to those nagging little "footprints" time, lifestyle and the environment can leave on your face.



Laser skin resurfacing can effectively diminish fine lines around the eyes and mouth, scars from acne, age spots and even non-responsive skin after a facelift. The effect is better skin tone and texture with a softer, more youthful appearance. The technique, using an advanced carbon dioxide laser, vaporizes superficial, damaged skin cells safely and effectively, while tightening the deeper collagen layer. Using very short, pulsed light energy delivered in a scanning pattern, our physicians can very precisely remove thin layers of skin with minimal heat and damage to the surrounding structures. Depending on the area treated, the in-office procedure can take between 30 minutes and an hour. For your personal evaluation, call Acadian Facial Plastic Surgery Center at 237-0650.

How Long Will You Endure Sinus Pain

Blocked sinuses trouble millions of Americans and, while sinus problems can sometimes be treated with medication, it is often necessary to surgically address the problem. Several options are currently available that can provide relief with minimum post-operative discomfort and complications.

WHAT CAN BE DONE?

There are many options when considering corrective sinus surgery.

- Endoscopic sinus surgery can open your sinuses by removing blockages. It causes little tissue damage, there is less bleeding, swelling and general discomfort in recovery than with general open surgery.
- A new and highly successful procedure, called frontal sinus stenting, has proven very effective for recurrent or persistent sinus infections and complicated sinus illnesses. Research developed in our offices shows that stents left in place 6 months greatly improve the long-term outcome.
- Sinuplasty® provides easier breathing and significant relief from sinus headaches by using a small balloon to open the sinus passageways. This new outpatient procedure leaves the nose lining unharmed, reduces bleeding and shortens recovery time. Most people can return to their normal schedule in twenty-four hours.

WHAT CAN BLOCK THE SINUSES?

- Colds or other infection
- Allergies
- Polyps
- A deviated septum




For more information about sinus problems, call the specialists at Acadian Ear, Nose and Throat Center at 337-237-0650.


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1000 WEST PINHOOK ROAD
SUITE 201
LAFAYETTE, LOUISIANA 70503
337.237.0650


info@acadianent.com


For additional copies of
our newsletter, go to:
www.acadianent.com

 ACADIAN EAR, NOSE AND THROAT CENTER
337.237.0650
info@acadianent.com

 ACADIAN FACIAL PLASTIC SURGERY CENTER
337.237.0650
info@acadianent.com

 ACADIAN ALLERGY CENTER
337.237.0779
allergy@acadianent.com

 ACADIAN HEARING AND BALANCE CENTER
337.237.0716
acadianhearing@acadianent.com

 ACADIAN SKIN CARE CENTER
337.234.6193
acadianskincare@acadianent.com

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MORE CONVENIENCE, BETTER ACCESS AND ENHANCED PATIENT CARE.

Beginning July 1, patients of Dr. Bradley Chastant and Dr. Jeffrey Joseph requiring medical services including ENT, facial plastic surgery, hearing and balance, skin care and allergy will be able to go to our website, www.acadianent.com to access any of the following services:

- appointment requests and reminders
- patient registration and health history forms
- insurance and employer updates
- notification of lab and test results
- request for prescription refills
- on-line consults and non-urgent medical information
- on-line bill payment
- patient health information

All information is completely secure and confidential. This service has been added for the benefit and convenience of our patients.

