

## HEALTHY LIVING

# Pulmonologists help patients breathe easier, sleep better

**Q:** What is Pulmonary Medicine and what does a pulmonologist do?

**A:** “Pulmonary Medicine is a sub-specialty of Internal Medicine which encompasses the care and treatment of people with lung diseases and breathing disorders,” says Justo Montalvo, M.D., a board-certified specialist in Pulmonary, Critical Care and Sleep Medicine at Kelsey-Seybold Clinic.

Pulmonologists treat a wide range of respiratory conditions including asthma, bronchitis, chronic obstructive pulmonary disease (COPD), cystic fibrosis, emphysema, sleep disorders and, in conjunction with oncologists, lung cancer.

“At Kelsey-Seybold, we are in a superb position for treating pulmonary disorders,” says Dr. Montalvo who sees patients at Kelsey-Seybold’s West Clinic on Augusta Drive and Kelsey-Seybold’s Katy Clinic on Kingsland Boulevard.

“We have the latest medical therapies and strategies for treating respiratory diseases. And, if necessary, we can provide continuous patient care and monitoring for those in a critical or unstable condition.

“If treating lung cancer,” Dr. Montalvo says, “we have the latest regimens in chemo and radiation therapy and strong associations with thoracic



JUSTO A.  
MONTALVO, M.D.

surgeons in the Texas Medical Center.

Not all pulmonary conditions are life-threatening. “We treat many patients for asthma and

allergies unique to the Houston area,” says Dr. Montalvo who has also been treating an increasing number of patients with sleep apnea – a nighttime breathing disorder that constantly interrupts sleep.

Dr. Montalvo says that Kelsey-Seybold has access to nationally-certified, state-of-the-art facilities for diagnosing sleep disorders.

Sleep Medicine concentrates on patients who have difficulties with insomnia, sleep apnea, restless leg syndrome, snoring, narcolepsy and night terrors.

“When pulmonary patients need us, we’re ready.”

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*Call 713-442-7587 to schedule an appointment or to find a physician at Kelsey-Seybold Clinic.*

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