

Obstructive Sleep Apnea

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Which One Are You?

Let's face it, when it comes to Obstructive Sleep Apnea (OSA), you either **know** someone, **knew** someone or **are** someone affected by this very treatable sleep disorder. So, which one are you? If you **KNOW** someone with OSA that has not yet been diagnosed or treated, they might tell you about how they are tired most of the time and have a hard time staying awake while watching TV or even driving. If that someone you know has been diagnosed and on therapy, they will likely tell you that they use a CPAP machine and have never slept or felt better. Often their bed partner will also be happier and better rested. Maybe you **KNEW** someone that had OSA. It has been estimated that 1 in 5 adults in the U.S. have sleep disordered breathing—but 80% of them go undiagnosed/untreated. We know that untreated OSA increases the risk of heart attack, stroke, hypertension, depression, and diabetes just to name a few associated health issues. Maybe you **ARE** someone with OSA. If you are currently on CPAP therapy, check the other side of this page to see how we may be able to help you with supplies. If you have not been diagnosed, or if you are not sure, please look at the lower left of this page and complete the quick seven question screening tool. If needed, you can have a sleep study done in town at the local hospital. A Board Certified Sleep Specialist will go over the results of your study, discuss therapy options, and follow up with you if you do, in fact, have OSA or another sleep disorder.

A Message From Dr. Whitney

By Dr Courtney Whitney, Board Certified Sleep Physician, Owner, Medical Director WSDC

I frequently receive testimonials from patients regarding their response to CPAP for obstructive sleep apnea. As I reflect on these testimonials, I realize that I am seeing more and more overlap into health benefits that were originally unintended. Clearly we anticipate a better night's sleep with improvement in daytime alertness, blood pressure, heart health and safety. But I want to share with you a case that parallels what I seem to be seeing and hearing more often.

A 46-year-old woman presented to me with a chief complaint of fatigue. Her doctors were treating her for depression, chronic headaches and fibromyalgia. Over the course of more than 10 years she had a modest amount of improvement in her symptoms with her current medications. On examination she was overweight but otherwise appeared normal. Because of her history and pharyngeal anatomy we elected to rule out sleep apnea with an overnight sleep study. On the night of her sleep test she had mild snoring, fragmented sleep and stopped breathing 26 times per hour. These findings are consistent with moderate obstructive sleep apnea. Once started on CPAP therapy, her oxygen levels and sleep quality improved dramatically. After just three hours on CPAP she reported feeling better than she had in years. Over the course of the next few months she was weaned off her antidepressant medication, and she was no longer experiencing musculoskeletal pain and headaches. Her only regret was not having addressed her sleep many years ago.

Obstructive sleep apnea can disturb your health and quality of life in so many ways. Though not all patients have a change this profound, many do. If you think you could have sleep apnea, alert your physician and proceed with the appropriate evaluation as soon as possible. Don't wait!

Do you Think You Might Have A Sleep Disorder?

Yes No

- Do you snore?
- Are you excessively tired during the day?
- Have you been told you stop breathing during sleep?
- Do you have a history of hypertension?
- Is your neck size > 17 inches (male) or > 16 inches (female)?
- Do you wake up to use the bathroom more than twice a night?
- Have you ever fallen asleep while driving?

Answering "yes" to two (or more) of these questions may be a positive screen for Obstructive Sleep Apnea. Patient should consider talking with their healthcare provider about a referral for a sleep evaluation or sleep study at your local hospital.

We Can Help!

Discover real solutions to your sleep problems by talking with your Health Care Provider about a sleep study at

Obstructive Sleep Apnea

Yet Another Deer Camp

School is back in session, the leaves are turning, days are growing shorter and thoughts for many of us turn to the woods and deer hunting. If you are the only member of your deer camp that doesn't bring ear plugs, there's a good chance that your snoring will be the topic of conversation when you're not talking about that 30 point buck your buddy claims he saw. If terms like broken chainsaw, locomotive, and outboard motor running out of gas are used to describe your snoring, you may have sleep apnea. Just because you snore does not mean you have sleep apnea, but those times when you stop breathing for a few to several seconds followed by the classic snort/gasp might. Untreated sleep apnea not only disrupts the sleep of those around you, it increases the risk of stroke, heart attack, hypertension, auto / workplace accidents and many other issues that could lead to you making fewer deer camps than expected. Look at the screener on the other side of this newsletter. If you answer yes to two or more of the questions, talk with your healthcare provider. Also talk with your fellow hunters who use CPAP. Most will tell you that they sleep better, have more energy and are more productive.

CPAP Talk By Susan Gunwall, LPN, WSDC Clinical Coordinator and Director of Operations

Item	HCPSC Code	Replacement Schedule
Full Face Mask	A7030	90 days
Full Face Cushion	A7031	30 days
Nasal Cushion	A7032	30 days
Replacement Pillow	A7033	30 days
CPAP Mask	A7034	90 days
CPAP Headgear	A7035	180 days
CPAP Chinstrap	A7036	180 days
CPAP Tubing	A7037	30 days
Disposable Filter	A7038	30 days
Filters	A7039	180 days
Oral Interface	A7044	90 days
Heated Humidifier	E0562	5 Years
CPAP Machine	E0601	5 Years

How often do I need new supplies?

This is a question we hear every day. Some people stop using their CPAP just because their mask no longer seals correctly or their tubing has sprung a leak. The table to the left shows the frequency that Medicare and many insurers allow for supply replacement.

If you have unused Flexible Spending Account (FSA) dollars and use CPAP, consider updating your CPAP supplies.

For further questions or supply needs please contact one of our clinical specialists at (877) 844-6150.

Continuous Positive Airway Pressure

CPAP therapy uses pressurized air to keep the airway open during sleep. It is a non-invasive and very effective way to treat Obstructive Sleep Apnea

Sleep Fact:

Former NFL great Reggie White's widow founded the Reggie White Sleep Disorder Research and Education Foundation
www.reggiwhitefoundation.org

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About Whitney Sleep Diagnostics & Consultants

Created by Dr. Courtney Whitney of the Whitney Sleep Center in Plymouth, MN, Whitney Sleep Diagnostics & Consultants (WSDC) serves the sleep medicine needs of hospitals in less populated areas.

Hospitals that partner with WSDC, are able to offer a high quality, AASM accredited sleep medicine program to its patients right at their home town hospital. WSDC diagnoses and treats all 84 known sleep disorders. If you are a patient reading this in a waiting room or clinic lobby, your hospital partners with WSDC.

Patients who feel they may have a sleep disorder are encouraged to talk to their healthcare provider about their symptoms. A simple one page screening form can often help determine the need for an overnight sleep study.

Partnering hospitals will soon provide CPAP clinics where CPAP users can bring their equipment to be inspected and obtain replacement CPAP accessories as needed. If you are in need of CPAP accessories, give us a call at 877-844-6150.