

Sleep Apnea: the Slow Killer of Health. By Heather Clark BSN

We hear so much about proper diet and exercise but the one thing that everyone needs is rest. Even God rested on the 7th day of creation. Not that God gets tired but that he wanted people to rest and to restore themselves. Without proper sleep our bodies cannot heal and it can lead to other illnesses.

The most significant health issues from sleep apnea are increased weight (which also increases apnea), stroke, diabetes, daytime tiredness, liver problems and heart disease. Your body needs sleep to repair old cells and create new ones.

There are three kinds of sleep apnea. A sleep study will help us understand what type of sleep apnea you have or if you have sleep apnea at all.

- **Obstructive sleep apnea (OSA)**, which is the more common form that occurs when throat muscles relax and block the flow of air into the lungs
- **Central sleep apnea (CSA)**, which occurs when the brain doesn't send proper signals to the muscles that control breathing
- **Treatment-emergent central sleep apnea**, also known as complex sleep apnea, which happens when someone has OSA — diagnosed with a sleep study — that converts to CSA when receiving therapy for OSA

Treatments available through Island ENT

1. Various **surgeries** to increase nasal airflow.
2. **CPAP machine**, this device is considered the first treatment for many. Often covered somewhat by insurance. The user must wear it all night to prevent their oxygen level from falling. You will get a prescription based on the results of your sleep study.
3. **Excite OSA**, a base of tongue exerciser that prevents the tongue from falling back when you sleep, good for mild to moderate sleep apnea. Not covered by insurance. \$950 for a device with a mouthpiece, \$100 every 3 months for the mouthpiece. Can be used in conjunction, comes with an app to monitor progress which Dr. Clark can monitor.
4. **Inspire**, hypoglossal stimulator, a 10 year implantable device that stimulates the tongue to stick out every few seconds while you sleep, comes with a remote to be turned on before sleeping and can be turned off but also comes with a timer to turn off before you awake. After 10 years you will need a battery change just like a pacemaker. Covered by insurance if you qualify. Outpatient surgery that takes 2 hours. Activation is a month after surgery.
 - a. Qualifications, use of CPAP and documented intolerance (multiple masks tried that don't fit, continue sleep apnea, daytime tiredness despite CPAP use, can't sleep through the night)
 - b. BMI under 35 (see chart)
 - c. AHI of 15 -65, must have a sleep study within two years, can be at home or at a sleep center.
5. **Custom made guards from a dentist** generally around \$1200

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Here at Island ENT we also have a muscle stimulating facelift called EmFace, the submental region pad helps to lift the digastric muscle which may also help support the base of tongue. This has not been tested but we welcome you to become part of our personal research while also getting more defined chin line and reduced "double chin"

Check your BMI you must be under 35 for Inspire, this is your max weight per height.

5' 0 – 180	5' 6 – 215	6' 0 – 255
5' 1 – 185	5' 7 – 225	6' 1 – 260
5' 2 – 190	5' 8 – 230	6' 2 – 265
5' 3 – 195	5' 9 – 235	6' 3 – 270
5' 4 – 205	5' 10 – 245	6' 4 – 275
5' 5 – 210	5' 11 – 250	

What is a sleep study?

This is a test to measure oxygen saturation drops during sleep due to obstruction or central collapse. You can either have a home study where you are sent equipment to use while you sleep in your own bed or go to a special center set up with more advanced equipment to measure your sleep. You cannot be diagnosed properly without a study. Most studies are only considered current if they are less than 2 years old. You may be asked to do another study if you are seeking intervention.

Where do I go for a sleep study?

Home studies: currently we use Blackstone and Snap Diagnostics, but you may be offered another company. We send the order into the company along with your records and they will contact you and set up a schedule. You will likely do the study 2-3 nights in a row and the most significant night will be evaluated and a report sent back to the office. You can expect a follow up with Dr. Clark to go over the results in 4 weeks after your initial appointment when the order was sent.

Sleep Center studies: currently we use Sunrise Sleep Center out of convenience. We have heard great things from our patients and some now want the same bed they used there in their homes. We will send the order in and they will contact you about setting up an appointment. You can schedule your follow up with Dr. Clark about a week after your study to go over results and make a plan. This center can be used for all your sleep study needs but not always necessary. A post Inspire sleep study does need to be done in a facility. If you would rather use a different center let us know.

Blackstone Home sleep study customer # 888-710-2727 www.blackstonemedicalservices.com

Sunrise Sleep Center www.sunrisesleepcenter.com 2975 Bobcat Village Center Rd Ste 200, North Port, FL 34288 (941) 888-2416

Snap Diagnostics Home Sleep study customer service# 847-777-0000 local rep Sharon Parker cell # 302-745-8646

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