



Sleep Times

NEWSLETTER

Message from your president



There has been a considerable amount of activity since our last meeting with support group meetings having been held in Whangarei, Tauranga and Rotorua.

The former was very well attended with approx. 26 people turning up to hear a good panel of speakers. The efforts of Iain Buchanan was a factor in creating such a successful evening. Tauranga and Rotorua lacked a bit in numbers however the weather was not pleasant on those nights and may have had a bearing on this.

All those that were there showed encouragement in what we were trying to achieve and future liaison with these areas will get some activity going.

We will be progressively moving to other areas in the near future.

Elaine Bryant

Did You Know?

- Sleep apnoea occurs in all age groups and both sexes, but there are certain factors that put you at higher risk:
 - A family history of sleep apnoea
 - Being overweight
 - A large neck size (43cm or greater for men, 40cm or greater for women)
 - Being age 40 or older
 - Having a small upper airway
 - Having a recessed chin, small jaw or a large overbite
 - Smoking and alcohol use
 - Ethnicity
- The average annual medical cost in the USA for someone with undiagnosed sleep apnoea is estimated to be **\$2,720**, compared with **\$1,384** for someone without sleep-disordered breathing. (from "The medical cost of undiagnosed sleep apnoea"; Kapur et al., *Sleep*, 1999;22(6):749–55).

That's double the cost – it's likely to be similar in NZ and hence it's important to ensure that we continue our treatment once diagnosed, and also encourage others who may be having sleep problems or who show regular signs of tiredness to seek medical attention.
- The breathing pauses of OSA reduce blood oxygen levels, can strain the heart and cardiovascular system, and increase the risk of cardiovascular disease, including high blood pressure, heart attack, and stroke. While those who snore may not be aware of their awakenings, the resulting interrupted sleep can lead to excessive daytime sleepiness.

This, in turn, can cause symptoms of depression, irritability, learning and memory difficulties, and falling asleep in situations demanding alertness, such as while driving. People with sleep apnoea are twice as likely to have high blood pressure as those without the disorder. Have you had your blood pressure checked lately?

- People who are overweight often find that shedding kilos offers OSA relief, opening the airway for improved airflow. Studies have shown that even a 10 percent reduction in weight can cut the number of apnoea events for most patients. Making gradual weight loss a goal is well worthwhile and may lead to sufficient change for treatment to be reviewed or even suspended. NB patients should consult medical advice and a sleep test review before altering their treatment.
- Avoiding the use of alcohol and tobacco—both of which are likely to make the airway collapse during sleep and prolong apneic periods—will be beneficial to your treatment.
- A study conducted by the University of Pennsylvania and sponsored by the Federal Motor Carrier Safety Administration (FMCSA) and the American Transportation Research Institute of the American Trucking Associations found that almost one-third (28 percent) of US commercial truck drivers had some degree of sleep apnoea. The study found that the risk of having sleep apnoea depended on two major factors, age and degree of obesity, with prevalence increasing with both. NZ is likely to reflect these statistics and certainly there is concern with sleep related causes for trucking accidents. Any truckies who snore or exhibit other potential signs of sleep apnoea should seek medical advice.
- Sleep has a marked effect on the body's use of glucose, and interactions between sleeping and eating have been well documented. It is now recognized that poor quality sleep can put you at risk of developing diabetes. A large multi-center study found that having OSA increased your risk of weight gain and development of insulin resistance and type 2 diabetes. Importantly, other studies show that treatment of OSA with CPAP (continuous positive airway pressure) can be an important therapeutic approach for diabetic patients with OSA. Many patients have no symptoms and are only diagnosed after having the disease for many years, by which time significant problems may have developed. Almost half of all people with type 2 diabetes are not aware that they have this life-threatening condition. Early treatment of OSA may well prevent this added health complication developing.



Man's Best Friend - Dog Refuses to Let Sleeping Human Lie

Michele and her family are probably thankful that canines don't adhere to an equivalent of the phrase "let sleeping dogs lie." Michele was suffering from then-undiagnosed sleep apnoea when she and her family adopted Bree, a 2-year-old Dachshund, in 2010. Soon after welcoming Bree into their home, Michele and her husband would periodically wake to find Bree licking Michele's face and sticking her snout into Michele's mouth.

Bree's antics peaked one night in September 2011, when the dog began frantically digging next to an unconscious Michele and standing on Michele's chest. Michele finally awoke, gasping for air, as her husband called for an ambulance. Michele was placed on oxygen and rushed to the emergency room due to high blood pressure and a rapid heart rate. At the hospital, she was diagnosed with obstructive sleep apnoea. The family believes Bree detected changes in Michele's breathing, sensed when Michele's breathing stopped and attempted to wake Michele up, thus saving Michele's life.



Finding a Comfortable Mask – one member’s story

I well remember going for my sleep test, and watching the video that indicated that if I had sleep apnoea, the use of CPAP was going to transform my life – I would sleep soundly and wake feeling refreshed every day. Many years and many conversations with other sufferers later, I know that is the case for only some OSA patients, and the rest of us either give up or struggle on, trying different masks from time to time, and still lie awake at night with an invasive mask that does not suit our sleeping style.

It was not until a recent SAANZ Support Group Meeting that I found out about a variety of styles of masks, and one that has alleviated that problem for me. After years of insomnia I can't say that I now sleep soundly through the night, but I no longer struggle for comfort and wake with marks on my skin and across the bridge of my nose. For me the solution has been a nasal pillow mask, where soft funnels in the mask go directly into the nostrils, held in place by a single band around the head and an inflating pillow around the nose area that uses the pressure to stay in place. It is soft, comfortable and no problem whether sleeping on my side or my back.

Several manufacturers make these nasal pillow masks, and a Google search for “cpap nasal pillow mask” will show you the range available. Being informed about what is available will



help on your next visit to the sleep clinic to discuss a better alternative, or enable you to purchase your own either direct from the supplier or via a NZ outlet. If any members do not have access to the internet or have trouble finding information via the net, please send a stamped self addressed envelope to the SAANZ

newsletter editor, P.O Box 88, Hamilton 3240 or phone 021344253 and Jill can post out the internet search information that I found.

Please note that SAANZ do not promote any particular brand of nasal pillow mask, nor do they recommend any particular style of mask, but knowing the difficulties some people experience with masks we did feel that it was worth sharing this member's experience and providing information for you to investigate further if interested. You can undertake your own research with a Google search for “cpap nasal pillow masks” where you can even find videos about these products.

Nutrition Corner – Get great healthy recipes from the Heart Foundation Website



If you've decided that it is time to start on a healthy diet as a path to gradual weight reduction, then the NZ Heart Foundation website is a great place to start.

<http://www.heartfoundation.org.nz/healthy-living/healthy-recipes>

Here you will find healthy recipes that are tasty so that you can still enjoy food while gradually cutting your calorie intake. New recipes are added regularly, so no excuse for your diet becoming boring, and all meal times and snacks are included.

Breakfast

Catering

Christmas

Diabetes

Kids' lunches

Light Meal

Main Meal

MasterChef NZ

Pacific

Quick Meals

Side Dish

Snacks

Sweet Treats

Tasty and affordable

Vegetables

Vegetarian

Last month there were such tempters as Hearty Lamb and Vegetable Soup, Cauliflower & Chick Pea Curry, Oven Baked Tortilla Chips, Thai Pork Burgers and Creamy Rice Pudding – even an Orange & Almond Cake.

Recipes



Hearty Lamb and Vegetable Soup
July 30 2012
This soup is easy to make and will satisfy all your cravings for a comforting and warming winter meal.
[Read more](#)

While you're there, check out the Exercise & Fitness, Weight Loss, Managing Blood Pressure, Managing Stress, Heart Risk and Cholesterol sections.

Website Revamp

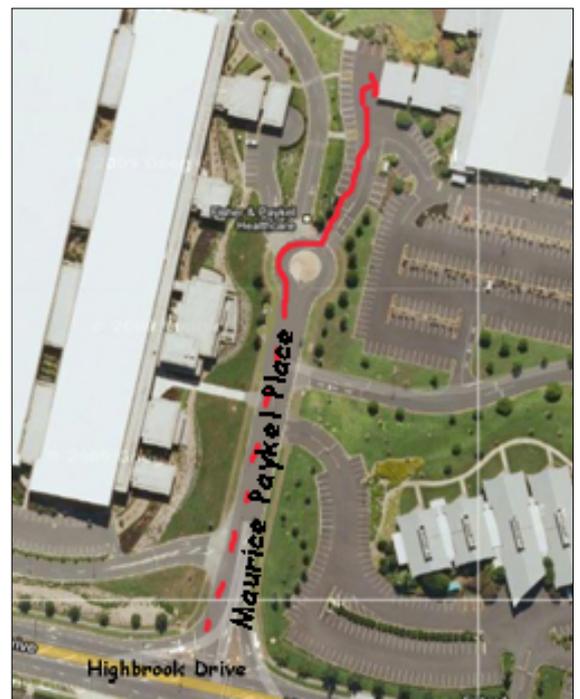
The SAANZ website is currently undergoing a major revamp, and soon we will be able to update information and include copies of our newsletters online. Look out for these changes which should become visible over the next few months. <http://www.sleepapnoeanz.org.nz>

SAANZ Annual General Meeting

The 2012 SAANZ AGM will be held on Thursday 1st November at 4pm at Fisher & Paykel Healthcare, Maurice Paykel Drive off Highbrook Drive, Tamaki. This is expected to be a brief meeting this year and the agenda will be available on the website during October.

South Auckland Support Group Meeting 1st November

A support group meeting will be held at Fisher & Paykel Healthcare at 5pm On Thursday 1st November following the AGM. This will be particularly relevant to new members who may still be struggling with the use of CPAP. Dr Alex Bartle will provide information on OSA, the implications for sufferers and various forms of treatment. He will be available to answer questions that you may have. Fisher & Paykel Healthcare will also be available to discuss CPAP machines and masks and discuss any problems that people are facing. Members of the committee will also be happy to share their experiences and seek feedback from members about further support they would like the organisation to provide. All welcome.



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<http://www.sleepapnoeanz.org.nz>

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