



Sleep Times

NEWSLETTER

President's Message

Greetings Members,

In my reading, I came across an article of interest. The article was a report on a medical conference in Scotland. The article stated that the Scottish Association for Sleep Apnoea and the Sleep Apnoea Trust jointly manned a stand to take their message to GPs. The message was that undiagnosed Obstructive Sleep Apnoea kills. A rather serious message that went on to give a few examples.

A driver with undiagnosed OSA is 3 to 9 times more likely to have a road traffic accident. A person with undiagnosed, untreated moderate to severe OSA has their life expectancy reduced by up to 20%. Undiagnosed OSA can lead to excessive tiredness, stroke, high blood pressure, heart attack, diabetes, depression and extreme mood swings.

The diagnosis and treatment of all sufferers would save the local health system £28 million a year and reduce road traffic accidents by 40,000 a year. Clearly, allowing for differences between New Zealand and Scotland the figures would also be different but nevertheless it can be seen that undiagnosed OSA is a problem which involves a serious cost to the community. Our health system does not treat OSA with the seriousness it deserves.

If you suspect that you, a family member or a friend, might have OSA then you should take steps or encourage your family member or friend to take steps to have the situation investigated and if necessary seek treatment.

Keep healthy and sleep well.
Michael Matson



Membership, free subscriptions and email newsletters



At the last AGM, the committee were keen to move to \$0 subscriptions and a motion to this effect was placed before the Annual General Meeting. However, we were persuaded that we should continue to collect subscriptions, and use these to develop an automated membership registration, subscription, receipting and newsletter emailing system. This was done at considerable cost to the organisation, but we continue to have hassles with the process which still needs quite a bit of input unless members pay via PayPal. We know that many members also find this a

difficult process to manage and this is not what we want. Those of us who give up our time to provide support to people with sleep apnoea, want that to be a simple and useful service for everyone - including ourselves.



As our constitution leaves subscription setting to the committee, we have therefore decided that we will set subs at \$0 for the foreseeable future. We are still happy to receive donations either via the website or by cheque to the P O Box. Subs may change in the future if we reach the stage where we have no funds to continue the work we do. Should this ever be the case we will advise you accordingly. In the meantime do enjoy your free membership, and help us to make this easy for you by following these steps:

1. Add saanz.editor@gmail.com to your computer/email address book. This should help avoid our email newsletters being sent to your spam box and never being seen. Currently 25% of members are not opening the newsletter email, which suggests your computer has treated them as spam.

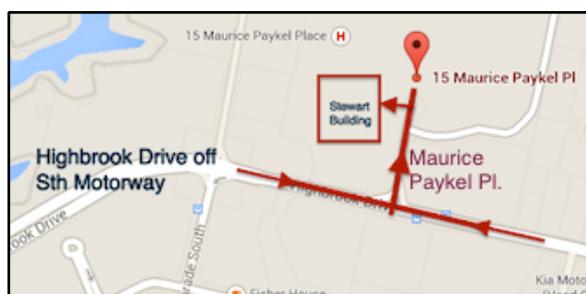
Note there are a few members who have opted to receive their newsletter in hard copy and we thank Fisher & Paykel Healthcare for continuing to fund this for those who do not have computers or for whom the technology is just too difficult.

2. If you have not received your newsletter by email by the end of August, November, February and May, go to <http://www.sleepapnoeanz.org.nz/newsletters.shtml> to access the newsletter online. Also check your spam folder in your email to see if it has landed there - if so click the not spam button so that this does not happen again, and ensure the address is in your address book.
3. Previously F&PH paid subscription members were asked to go online and register at no cost. This was, and still is, necessary if you have not yet done this, in order that we have your email, address and phone number. If you have not done this, go to <http://members.sleepapnoeanz.org.nz/members/register.php> and click on the green "Join now online" button and create your login and enter details. If you are technophobic and really can't manage this then please write to us at the P.O.Box including your name, address and phone number and we will add you manually.
4. If you have done all of the above and have not received your email copy of this newsletter in the last week, email saanz.editor@gmail.com and include your name, address and phone number and I will try and check it out for you.

Remember that you can also phone Jill at 021 344253 with any queries re your apnoea, treatment or membership. I am just a volunteer with OSA, and I do try to have a life, so if I don't answer my phone, leave me a voice mail message with your name and phone number and I will get back to you shortly. If your queries require medical advice I pass your query on to our medical adviser to ensure you get the right information. This service replaces support meetings and is more timely when you need help.

Annual General Meeting 2017

The 2017 AGM will be held in the Stewart Building at Fisher & Paykel Healthcare, 15 Maurice Paykel Place, East Tamaki on November 15th at 6pm. As usual we will start with a light finger food meal catered for us by Fisher & Paykel Healthcare, followed by the meeting and concluding with a guest speaker. See website for further details. All welcome but please email saanz.editor@gmail.com or phone 021344253 to advise if you are attending so that we can cater accordingly. We thank Fisher & Paykel Healthcare for again hosting this meeting and we look forward to seeing some of you there.



Distilled water for your machine

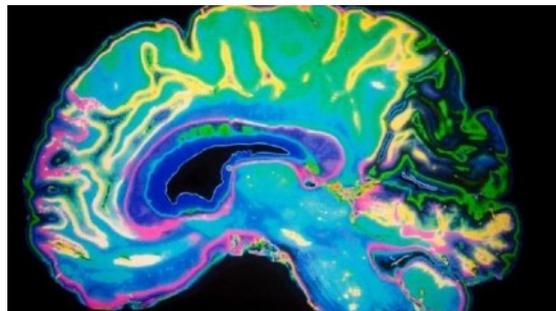
A member has just contacted me to say, for those who like to use distilled water to extend the life of your CPAP humidification tank, you can buy a 10 litre bottle of Pure Dew for \$6.69 at Countdown Supermarket. Thanks John.

Brain plaque: researchers find Alzheimer's link to a poor night's sleep

Just one night of poor sleep is enough to trigger a spike in a brain chemical linked to Alzheimer's disease, a study has shown.

Although scientists knew there was a connection between dementia and lack of sleep, it was unclear whether the disease was insomnia or vice versa.

Now researchers at Stanford University and Washington Medical School have discovered that even a single night of disrupted sleep is enough to raise levels of amyloid beta - a substance which can clump together and stop brain cells communicating with each other. Although the levels returned to normal, scientists fear that continued sleep deprivation could allow an unhealthy build-up of brain plaque which eventually kills off neurons and wipes memory.



They also found that after several nights of sleep disruption another chemical began to rise. Called tau, it causes tangles in the brain and is also linked to Alzheimer's disease.

"We showed that poor sleep is associated with higher levels of two Alzheimer's-associated proteins," said Professor David Holtzman, head of the Department of Neurology at Washington Medical School. "We think that perhaps chronic poor sleep during middle age may increase the risk of Alzheimer's later in life."

The research was published in the journal "Brain".

Around 800,000 people are currently living with dementia in Britain, and the majority have Alzheimer's disease, for which there is no cure. Although the incidence of dementia is dropping as people adopt healthier lifestyles, the number

of people living with the illness is expected to rise to 1.2 million by 2040 because of the ageing population. More than a third of Britons also sleep for less than six hours a night, according to The Sleep Council.

About 63,000 people in New Zealand are living with with dementia. According to the 2016 Dementia Economic Impact Report, more than 170,000 Kiwis will be living with dementia by 2050.

In Australia, at least one-third of the adult population regularly suffers from significant sleep problems. Thirty-five per cent don't feel refreshed when they wake in the morning; the same proportion wakes frequently during the night. When people are starved of sleep they struggle to concentrate. They're more forgetful and they're crankier.

Studies have shown that poor sleep increases the risk of cognitive problems. Those with sleep apnoea, for example, a condition in which people repeatedly stop breathing at night, are at risk of developing mild cognitive impairment an average of 10 years earlier than those without the sleep disorder. Mild cognitive impairment is an early warning sign for Alzheimer's disease.

But there's an economic toll as well, with a 2011 report by Deloitte Access Economics finding sleep disorders cost Australia more than A\$5.1 billion (NZ\$5.37b) a year in healthcare and indirect costs.

Other studies have suggested exercise, even walking a few times a week, may bolster the brain function and thinking skills of people with dementia.

Article from The Telegraph, Sydney Morning Herald

Good reason to ensure you use your CPAP regularly

Nutrition Corner

Turmeric is known for its anti-inflammatory properties. Did you know that the bioavailability of turmeric is increased when you pair it with certain foods?

Turmeric is used to alleviate symptoms of arthritis, asthma, bloating, digestive issues, liver problems, heartburn and headaches. **It has also been found to aid in fat metabolism and weight management.**



To get the most out of this wonder food pair it with healthy fats and black pepper! Piperine is a key chemical in black pepper that helps with the absorption of curcumin; the active ingredient in turmeric. This turmeric latte recipe uses both.

The recipe uses coconut oil as the fat source. If you haven't had a lot of coconut oil before, an increase in fats can cause stomach discomfort in some people. Start with ½ a tablespoon of coconut oil and build your way up.

INGREDIENTS - for single serving

- 1 cup unsweetened almond or coconut milk
- 1 heaped tbsp fresh turmeric root*, grated (or use approximately 1-2 teaspoons turmeric paste – *see below).
- 1 teaspoon cinnamon
- ½ tsp of vanilla powder or a dash of pure vanilla essence
- 1 tablespoon grated fresh ginger root (or 1 teaspoon ground)
- ¼ tsp ground cardamom (optional)
- ½ - 1 tablespoon coconut oil
- Raw honey or sweetener of choice to taste
- Pinch of black pepper

METHOD:

- Gently warm the almond or coconut milk in a small saucepan. Watch that it doesn't boil.
- Add turmeric***, ginger, vanilla, cinnamon and cardamom if using.
- Next, combine coconut oil with the mixture and gently heat together until melted. Use a wire whisk or stick blender to create a foam. Continue to stir until frothy and heated through.
- Stir in honey or sweetener of choice if desired. It might be sweet enough with the cinnamon and coconut milk (if using).
- Sprinkle with more cinnamon (or ground cardamom) and wrap your mitts around a warm mug.

Notes:

*The turmeric taste is quite strong, so if you're not sure, start with one teaspoon and build up.

** To make the turmeric paste, combine 2 parts turmeric powder with 1 part boiling water. Mix and store any extra in the fridge for up to 5 days.

***The turmeric can stain, so be careful of any benchtops or clothes.

Fitness Tip

Stolen Moments Add Up

Experts recommend working out 45 minutes to an hour a day (30 minutes for beginners) for weight loss and fitness. But if you're like most people, you don't always have a block of 30 to 60 minutes a day to devote exclusively to doing your workouts.

Lest you think that short bursts of activity have a negligible effect on your fitness program, think again. One study found that people who split their exercise into 10-minute increments were more likely to exercise consistently, and lost more weight after five months, than people who exercised for 20 to 40 minutes at a time.

In a landmark study conducted at the University of Virginia, exercise physiologist Glenn Gaesser, PhD, asked men and women to complete 15 10-minute exercise routines a week. After just 21 days, the volunteers' aerobic fitness was equal to that of people 10 to 15 years younger. Their strength, muscular endurance, and flexibility were equal to those of people up to 20 years their junior. "It would be useful for people to get out of the all-or-nothing mind-set that unless they exercise for 30 minutes, they're wasting their time," says Gaesser.

Breaking exercise into small chunks on your overscheduled days can also keep your confidence up, since skipping it altogether can make you feel tired, guilty, or depressed. Keep in mind, though, that short bursts of exercise are meant to supplement, not replace, your regular fitness routine.

Exercise Examples

When you go outside to pick up your morning newspaper, take a brisk 5-minute power walk up the street in one direction and back in the other.

Cooking dinner? Do standing push-ups while you wait for a pot to boil. Stand about an arm's length from the kitchen counter, and push your arms against the counter. Push in and out to get toned arms and shoulders.

Walk around the block several times while you wait for your child/grandchild to take a music lesson. As your fitness level improves, add 30 seconds or 1-minute bursts of jogging to your walks.

Snuggled in for your favourite shows? Don't forget to exercise: Every hour-long television program contains approximately six commercial breaks that last 3 minutes each, so you can get a total body workout without missing a scene. See <http://www.prevention.com/fitness/strength-training/couch-potatos-workout> for ideas.

Q&A - questions submitted via the website and support meetings

Q My mask doesn't seem to fit properly lately and I've tried both loosening and tightening the head strap - what can I do?

A Unfortunately, just like us, the head straps do stretch and lose their elasticity after a while and no amount of altering seems to help. Reality is that your CPAP has parts that need replacing from time to time. If your DHB provides a free part replacement service, contact them to get a new head strap and have them check your mask while you are at it. I think you will find that in most cases you will have to pay for these yourself, but your sleep clinic can tell you where you can purchase if its not direct from them.

As an organisation we do not provide medical advice, but we do have contact with professionals who can answer questions. In this section we share answers to questions that have been submitted. If you have a question it should be submitted by email to saanz.editor@gmail.com, via the contact form on the website or posted to P.O. Box 88, Hamilton, 3240. All questions will be handled confidentially so there is no need to feel sensitive about your condition being made public. No names or locations will be revealed.

Check out the website questions section http://www.sleepapnoeanz.org.nz/frequently_asked_questions.shtml

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The printing and distribution of this newsletter was funded by Fisher & Paykel Healthcare NZ.

We thank them for their continued interest in and support of SAANZ.