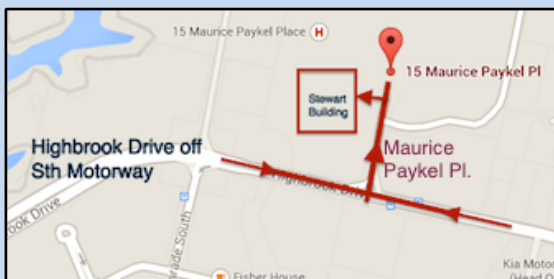


November 2017 www.sleepapnoeanz.org.nz

President's Message

Greetings Members,
Another year has rolled by and we are once again approaching AGM time. Since this time last year we have moved to setting our membership fees at \$0 for the next year, so we hope that you are enjoying the fact that there is no need to complete renewal forms. A reminder though that you can update your details at <http://members.sleepapnoeanz.org.nz/members/login.php> any time or by emailing saanz.editor@gmail.com or writing to the box number. The first option is our preference but we are here to help if you need assistance with these tasks.



The 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/discussion. We thank Fisher & Paykel Healthcare for again hosting this meeting and welcome any who live within range to attend this meeting - please just email

saanz.editor@gmail.com or phone or text Jill at 021344253 with number attending before November 14th so that we can cater accordingly. Agenda and remits are on the website.

It is with regret, that I have advised the Committee that I will be unavailable to stand either for the Committee or as President at our AGM. My health is such that I have had to review a number of my ongoing commitments. I have enjoyed being involved with SAANZ over the last few years and wish the organisation every success in future years."

With the festive season drawing near, we wish you all the very best for Xmas and the New Year and look forward to being of further help to you in 2018.

Keep healthy and sleep well.
Michael Matson

OSA patients at higher risk of irregular heartbeat

People with obstructive sleep apnea (OSA) may be at a higher risk of developing atrial fibrillation (AF) or irregular heartbeat, a new study from Canada has found. The research, conducted at the University of Ottawa, analysed the medical records of 8,256 adults with an average age of 47 years.

AF is a condition characterised by an irregular, often rapid heartbeat, which can increase the risk of stroke, heart failure and other complications. The study found that the risk of AF may be higher for patients with OSA. The findings were independent of high blood pressure, a common occurrence in OSA patients and a major risk factor for heart disease and cardiovascular conditions.



Each survey participant had suspected OSA, but they had not been diagnosed with AF or any other condition involving an irregular heartbeat. The researchers reviewed the medical records of each patient, including the markers of OSA severity. These include how many 'hypopneas' – or pauses in breathing – occurred during each hour of sleep, and how much time each patient experienced oxygen saturation below 90 percent.

During a median follow-up period of 10 years, a total of 173 patients developed AF and required hospitalisation for the condition. The researchers found that patients with low oxygen saturation were at a significantly greater risk of developing AF during the follow-up period than those with a normal oxygen saturation level. The number of breathing pauses during each hour of sleep did not appear to affect AF risk. They came to this conclusion after accounting for numerous risk factors for AF, including age, sex, smoking status, and even blood pressure.

Hypertension may be the causal pathway between OSA and AF. During a secondary analysis, the research team did take hypertension into account, with the association between oxygen desaturation and AF remaining significant, suggesting that OSA can directly cause AF without the intermediate step of developing hypertension.



The study findings were presented at the American Thoracic Society Conference 2017 in the United States. SDA NEWS August 2017

Study finds seven gene risks for insomnia



An international team of researchers from Germany, the Netherlands and England has discovered there are seven risk genes for insomnia. The research is an important step in unravelling the biological mechanisms that cause the predisposition for insomnia. The study also highlights that insomnia may not be a purely psychological condition, as is widely believed.

The researchers stated that the study could help bring a new perspective to insomnia – rather than being dismissed as psychological, insomnia could in fact be the result of an individual's genes. The findings could provide an understanding of how neurons interact to contribute to insomnia and may help in finding new treatments for insomnia.

The study involved a sample of 113,006 individuals in which the researchers found seven genes for insomnia.

One of the genes identified, MEIS1, has also been linked to Periodic Limb Movements of Sleep (PLMS) and Restless Legs Syndrome (RLS), which the researchers noted could mean that the genetic variants of this gene may contribute to all three disorders. PLMS is characterised by restless movements, whereas RLS is characterised by uncomfortable, 'creeping' sensations in the legs during sleep, while insomnia is most typically characterised by a stream of restless consciousness.

The researchers found a strong genetic overlap with other traits, including anxiety, depression and neuroticism, which is an interesting finding, considering that these characteristics tend to go hand in hand with insomnia. The researchers stated that this is partly due to the shared genetic basis.

The researchers also looked at whether the same genetic variants were important for men and women. Part of the genetic variants were different, suggesting that, in some ways, different biological mechanisms are responsible for insomnia in men and women.

They also found a difference between men and women in terms of prevalence – in the study sample, which primarily included people over fifty years old, 33 percent of the females studied suffered insomnia, compared to 24 per cent of males studied.

SDA NEWS August 2017

Nutrition Corner - 12 tips for losing weight

1. Don't skip breakfast

Skipping breakfast won't help you lose weight. You could miss out on essential nutrients and you may end up snacking more throughout the day because you feel hungry. Check out [five healthy breakfasts](#).

2. Eat regular meals

Eating at regular times during the day helps burn calories at a faster rate. It also reduces the temptation to snack on foods high in fat and sugar. Find out more about [eating healthily](#).

3. Eat plenty of vegetables

Vegetables are low in calories and fat, and high in fibre – three essential ingredients for successful weight loss. They also contain plenty of vitamins and minerals. Read up on [getting your 5 A DAY](#).

4. Get more active

Being active is key to losing weight and keeping it off. As well as providing numerous [health benefits](#), exercise can help burn off the excess calories you can't cut through diet alone. [Find an activity you enjoy and are able to fit into your routine](#).

5. Drink plenty of water

People sometimes confuse thirst with hunger. You can end up consuming extra calories when a glass of water is really what you need.

6. Eat high-fibre foods and protein

Foods containing protein and lots of fibre can help keep you to feel full, which is perfect for losing weight.

7. Read food labels

Knowing how to read food labels can help you choose healthier options. Use the calorie information to work out how a particular food fits into your daily calorie allowance on the weight loss plan. Find out more about [reading food labels](#).

8. Use a smaller plate

Using smaller plates can help you eat smaller portions. By using smaller plates and bowls, you may be able to gradually get used to eating smaller portions without going hungry. It takes about 20 minutes for the stomach to tell the brain it's full, so eat slowly and stop eating before you feel full.

9. Don't ban foods

Don't ban any foods from your weight loss plan, especially the ones you like. Banning foods will only make you crave them more. There's no reason you can't enjoy the occasional treat as long as you stay within [your daily calorie allowance](#).

10. Don't stock junk food

To avoid temptation, try to not stock junk food – such as chocolate, biscuits, crisps and sweet fizzy drinks – at home. Instead, opt for healthy snacks, such as vegetable sticks, unsalted rice cakes, oat cakes, unsalted or unsweetened popcorn. Shop mostly around the edges of the supermarket where the “real” foods are stocked.

11. Cut down on alcohol

A standard glass of wine can contain as many calories as a piece of chocolate. Over time, drinking too much can easily contribute to weight gain. Find out more about the [calories in alcohol](#).

12. Plan your meals

Try to plan your breakfast, lunch, dinner and snacks for the week, making sure you stick to your calorie allowance. You may find it helpful to make a weekly shopping list. **AND DON'T DO YOUR WEEKLY SHOP WHEN YOU'RE HUNGRY!**



Fitness Tip

Exercise helps people lose weight and lower the risk of some diseases. Exercising to maintain a healthy weight decreases a person's risk of developing certain diseases, including type 2 diabetes and high blood pressure.

Exercise is a KEY to happiness. Research shows that people who exercise are healthier, more energetic, think more clearly, sleep better, and have delayed onset of dementia. They get relief from anxiety and mild depression. They perform better at work.

Also, although it's tempting to flop down on the couch when you're feeling exhausted, exercise is actually a great way to boost energy levels. Feeling tired is a reason to exercise, not a reason to skip exercise.

How do I exercise regularly?

1. Always exercise on Monday. ...
2. If at all possible, exercise first thing in the morning. ...
3. Never skip exercising for two days in a row. ...
4. Give yourself credit for the smallest effort. ...
5. Exercise several times a week. 20-30 minutes per session.
6. Use the stairs instead of the elevator or escalator, and walk whenever possible.
7. **Look for affordable ways to make exercising more pleasant or satisfying.** Could you upgrade to a nicer or more convenient gym? Buy yourself a new iPod? Work with a trainer? Get a pedometer to keep track of your walking distances? Download the Map My Fitness app to your smartphone.
8. Give up the excuses and GET STARTED!



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

Q I'm having trouble relaxing and going off to sleep when using my new CPAP machine. I'm worried that something might go wrong and I'd suffocate if the electricity goes off for example. Can this ever be a problem?

A When you think that before you had your CPAP machine you used to stop breathing many times each hour during the night, but your body had a safety mechanism which roused you just enough to regain breathing. This same mechanism would cut in again if the power went off and your CPAP stopped blowing air. You would then open your mouth and gasp for air. If you have a nose or mask or nasal pillow mask you would be able to continue to breathe and you would wake up completely if the situation prevailed. Even if you have a full face mask, you would rouse sufficiently to wrench off the mask and breathe normally. So you can relax and sleep assured that your auto system would wake you if you were not getting oxygen.

Many people also find when first using CPAP that they can't easily relax and get into a regular breathing rhythm because they are nervous and uptight. I suggest to these patients that they try using their CPAP and mask for periods of time during the day (in front of TV or while sitting up in bed before settling to sleep) so that they get used to breathing with the machine before attempting sleep. People usually report that this overcomes their fear and enables them to adjust to sleeping with CPAP. Don't hesitate to phone SAANZ if you want to talk about this or any other worry you have with using CPAP. If you don't get an immediate reply leave a message with your name and phone number and we will get back to you.

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

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