

Snore Centre Patient eNewsletter

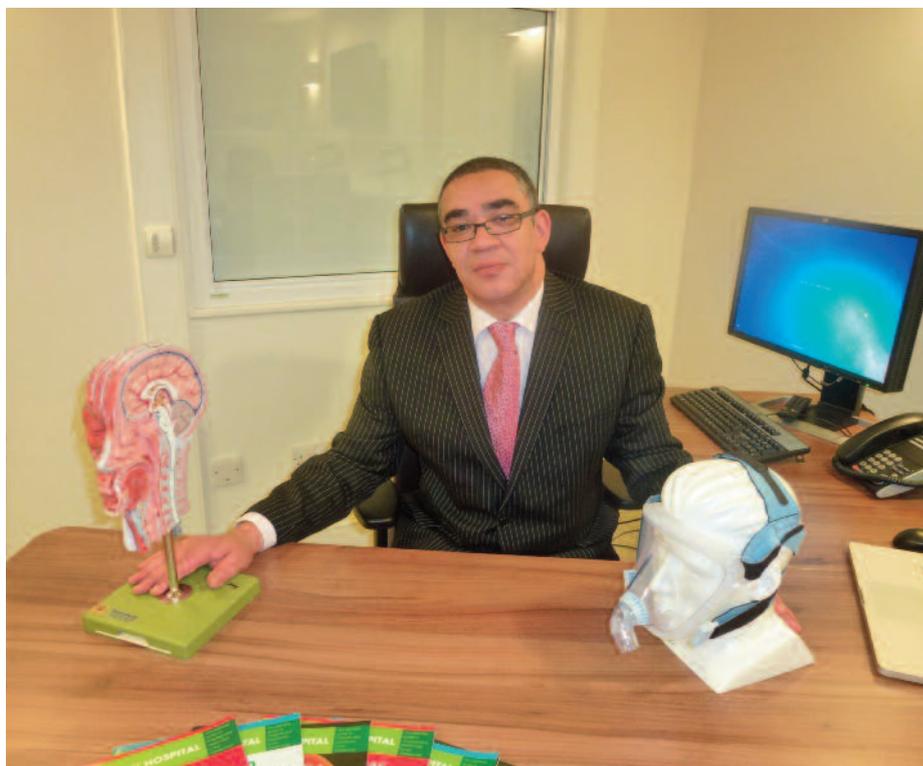
January 2012

Snoring Disorders Centre Harley Street Clinic Now Open

The new Snoring Disorders Centre clinic has now opened its doors to patients at 150 Harley Street.

As well as catering for private patients in London and the South East of England the new Snoring Disorders Centre clinic will serve a growing number of international patients who come for treatment from all over of the world.

150 Harley Street houses a cluster of ENT specialists, providing a comprehensive range of ENT consultations, investigations, treatment and surgery for ear, nose and throat complaints and facial plastics.



Advice on Sleep Apnoea Now Sent Out to All Expectant Mothers

I have written an article alerting pregnant women to the dangers of sleep apnoea, and the importance of ensuring their rest is not disturbed by a partner with a sleep disorder.

This has been published in the Baby Book that is sent out to all expectant mothers by the Royal College of Obstetricians and Gynaecologists. This can also be viewed on the [You and Your Family](#) website.

Three quarters of women have difficulty getting enough sleep during pregnancy. Leg cramps, heartburn, and frequent toilet trips, can all make sleep difficult. So when they have the opportunity for sleep they need to make the most of it. If their partner is giving them sleepless nights due to a snoring problem then they need to take action and get him to the doctor for a check up. It could be sleep apnoea.



Visit our website at www.snorecentre.com

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Patient Story: Overcoming Initial Nerves to Seek Treatment for Sleep Apnoea

I am very thankful for the help I have been given by Mr Oko and the time taken up to listen to me to help me overcome my fears. This is the first step in a huge hurdle for me and with your help I know I will get there. I hope my experience will help others too.

I havent actually started treatment as yet, but thats my own fault really I first went to see Mr Oko back in November 2011 and within no time he arranged a Visilab Sleep Study for me. I had envisaged my problem to just be 'snoring', so when i went back a couple of week's later for the results of the Visilab test I was rather alarmed to find I did in fact have Severe Obstructive Sleep Apnoea!

Not expecting this and not really knowing that much about the CPAP treatment I was too scared to give it a go. I opted for a Mandibular Advancement Device to at least help the situation instead. So whilst waiting for this to be made up, I did plenty of research on the internet and over the Christmas period wrote out many questions.

Today I have been back to see Mr Oko saying that I have changed my mind and would like to give the treatment a try. He couldn't have been more helpful. He never rushed me and never pressured me. He answered all my concerns and has sorted out a suitable mask for me to try....all I need to do now is wait for my machine to arrive.

Ok, I know I haven't actually got any CPAP experience to share with everyone as yet, but my experience of nerves after the initial diagnosis will hopefully help others who may be feeling the same, come forward. I will update as my treatment continues as I would like to help and hopefully others will do the same and I can also gain from their experiences of the condition.

This story was contributed by a female patient of the Snoring Disorders Centre

Tell Your Story About Sleep Apnoea



I am always interested to hear about people's experiences as a sufferer of sleep apnoea or the partner of a sufferer. The information, knowledge and advice on how to handle the condition from experienced patients can also be invaluable to other sufferers, and raise awareness of the seriousness of sleep apnoea amongst the public.

I would therefore like to invite any sleep apnoea sufferers at any stage of treatment (and their often long-suffering partners) to become guest bloggers for the Snore Centre Blog and let the online community benefit from your experiences.

If you would like to contribute to the blog please contact guyrowland@gmail.com

The Snoring Disorders Centre treated over 400 patients in the past year

96% were very satisfied with the service they received

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