

Snore Centre Patient eNewsletter

September 2011

NHS Profiles Snore Centre as Example of Service Innovation

The NHS Institute for Innovation and Improvement is publishing a profile of the Snoring Disorders Centre, outlining the service and the impact it has had both for individual patients and Lincolnshire as a whole. This has been put up on the NHS Innovations website and circulated throughout the NHS as an example of best practice in service innovation. Here is an extract on the benefits the service has had in road accident reduction:

“Occupational road related deaths and accidents in Lincolnshire average about 79 per year. 20% of car accidents are shown to be sleep related although it's uncertain how many are due to obstructive sleep apnoea. The cost of each fatal accident is around £1.64 million, so every accident prevented is of significant benefit to society and to the NHS. Many of our patients admit to feeling drowsy at the wheel.

“By December 2010, the number of fatal road traffic accidents had fallen from 79 to 45. This represents a saving of over £55 million to the economy, including the NHS. A contributory factor may be that the service has treated over 1,200 patients with sleep apnoea and these people are now able to drive more safely, rather than being in fear of falling asleep at the wheel.”

One patient who drives 50,000 miles a year for work said using the CPAP machine to treat his sleep apnoea has turned his life around:



‘For four or five years I struggled to sleep and I used to need two naps every day just to get through the day. My GP referred me to Mr Oko when I said I had trouble sleeping. Within weeks he got me on a

CPAP machine which I use every night and I've never looked back. It's made a huge difference to my life’.”

[Read the Snore Centre profile...](#)

SIGN THE PETITION

Tired drivers cause violent deaths & horrific injuries

Responsible department: Department for Transport

I would like a debate to raise awareness for the early diagnosis of HGV drivers with sleep apnoea. Last year my son and his fiancée were crashed into by a driver who had undiagnosed sleep apnoea. My son was left with serious brain injuries and his fiancée was killed. The driver was charged with death by dangerous driving but days before the trial the case was dropped by the CPS as he was driving unaware of this medical condition. There are clear criteria and indicators as to who is likely to suffer this condition. Please help raise awareness with haulage employers and GP's. So that no other person is killed by a condition that is treatable.

To sign the petition, which needs 100,000 signatures to be considered by the government, go to epetitions.direct.gov.uk/petitions/5851

Visit our website at www.snorecentre.com

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Award for Work in the Middle East Region



I am pleased to announce I have been awarded the Middle East Hospital magazine award for excellence in respiratory care, and making an outstanding contribution to healthcare in the Middle East.

The Snoring Disorders Centre took a stand at the Arab Health exhibition in Dubai this year to raise awareness of the negative impact that OSA is having in the UAE and wider Middle East, and I met with healthcare professionals interested in treating this issue in the Arab region. I also attended Saudi Medicare in Riyadh in April to spread the message further around the region.

Levels of obesity, hypertension and heart disease are rocketing in the wealthy Middle East, mainly due to the life-style out there. People are working long hours, eating rich calorie-laden food, driving everywhere and not exercising enough. I believe that the success I have had in Lincolnshire can be replicated in the Middle East by raising awareness of the condition, and forming long-term partnerships.

Presentation to Conference Focuses on the Benefits of Investing in ENT Services

Speaking at the Health Service Journal ENT and Audiology Services conference in London last week, I highlighted the importance of delivering a high quality service to patients.

Changes are afoot in the NHS with patients able to choose where they go for treatment, and who treats them. Competition between providers is going to intensify as new players such as Richard Branson's Virgin entering the

healthcare arena and bidding for contracts. NHS Trusts must be ready for this new competitive environment, and the best way to prepare is to make sure you are delivering a high quality service, with low waiting times, and good outcomes.

The key to all this is patient satisfaction. If patients are happy with the service received they will come back.

[Watch my full presentation on YouTube...](#)

Lack of Deep Sleep Leads to High Blood Pressure

The BBC reported this month on a study showing that elderly men who spend little time in deep sleep could be at risk of developing high blood pressure. A study on 784 patients, in the journal Hypertension, showed those getting the least deep sleep were at 83% greater risk than those getting the most. Researchers say they would expect a similar effect in women.

The British Heart Foundation said it was important for everyone to prioritise sleep. High blood pressure – also known as hypertension – increases the risk of heart attack, stroke and other health problems.

Researchers measured the "sleep quality" of 784 men over the age of 65 between 2007 and 2009. At the start none had hypertension, while 243 had the condition by the end of the study. The patients were split into groups based on the percentage of time asleep spent in deep, or slow wave, sleep. Those in the lowest group – 4% deep sleep – had a 1.83-fold increased risk of hypertension compared with those in the highest group, who spent 17% of the night in deep sleep.

**The Snore Centre
treated over 400 pa-
tients in the past year**

**96% were very
satisfied with the
service they received**

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