

Snore Centre Patient eNewsletter

March 2012

CPAP Reduces Heart Failure Risk

A new British study suggests that moderate-to-severe sleep apnoea can reshape the heart, increasing its size, thickening its walls and reducing its ability to pump blood throughout the body.

However, the study also found that at least six months of continuous positive airway pressure (CPAP) treatment can help restore the heart's size and function to nearly normal levels. CPAP uses a mask to deliver pressurised air into the airway of sleepers.

“To the best of our knowledge, this is the first study to provide a comprehensive assessment of left ventricular [heart] structural and functional parameters using advanced echocardiograms in otherwise healthy apnea patients,” said Dr. Gregory Lip, a researcher at the University of Birmingham Center for Cardiovascular



Sciences, in England, in a journal news release.

According to Lip, the study shows that sleep apnoea “could be crucial” to the development of a certain type of heart dysfunction “that can lead to heart failure and increased mortality if left untreated.”

The researchers used two and three dimensional echocardiograms and Doppler imaging of heart muscle tissue to examine 40 people with moderate-to-severe obstructive sleep apnea, 40 people with high blood pressure and 40 people with no health concerns.

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The Snoring Disorders Centre has been renamed

Sleeping Disorders Centre

Check out the new look website



SLEEPING DISORDERS CENTRE
Sleep, the best Medicine!

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Snore Centre Patient Story: How CPAP Changed my Life

I am a 55 year old male from Boston in East Anglia, this is a brief synopsis of my condition Obstructive Sleep Apnoea, from diagnosis to treatment.

I want to tell others about Obstructive Sleep Apnoea, for at least 35 years I was terrified to go to sleep, I would stay awake for days on end until I would go unconscious with sleep deprivation.

I always had the most awful dream of drowning, so vivid! I had to fight to wake up (and I mean fight) I knew I was "dying", I would wake with such exhaustion. I would do anything to stay awake, anything!!

I have other serious health problems and went to see my GP about 4 years ago, by chance I happened to tell him this story thinking he would laugh at me and

send "me home with a flea in my ear". With astonishment he said to me I think I know what is wrong, I am going to send you to see someone who I think can help you, this gentlemanly and gentle man was Mr Oko. Within a period of 10-15 minutes Mr Oko made me feel very welcome and at ease, his patience was endless, after the "examination" he sent me home with an attachment which I wore for 24 hours took it back and waited for my next appointment.

When I went for my next appointment, and may I say with some trepidation and fear, my fears were not only borne out, they were far worse than I could take in. Mr Oko informed me that whilst I was asleep that at least every other minute I stopped breathing I was a "tongue" swallower, though he quickly reassured me straight away that he could help.

Mr Oko showed me how to use a C-Pap machine and that it would take a few weeks to get used to it. I remember thinking on my way home "silly bugger, who could ever think I could sleep with this on my face, it will never happen"!! But I thought well try it and see, initially I would try different face masks, I would pull them off when I dozed off, I would gag but through the

next weeks and months I got nothing but 100% support off Mr. Oko and his team. Now those who use the C-Pap machine will realize how serious my condition is when I tell you that my settings are 18-20.

I am used to the machine and have been now for about three and a half years, we are really "quite good friends":-) I brush my teeth, wash my hands and face, pull the duvet down, put my mask on and get into bed. I am usually asleep in about 60 seconds and get a good 10-12 hours sleep and my dreams when they happen are all fantastic, ones I want. Now I sleep on clouds, amongst the stars, in the heavens. [Continue reading...](#)

To have your sleep apnoea story published in this newsletter and on the Snore Centre blog please contact guyrowland@gmail.com

The Sleeping Disorders Centre treated over 400 patients in the past year
96% were very satisfied with the service they received

New Sleeping Disorders Centre private clinic now open at
150 Harley Street

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