

# Snore Centre Patient eNewsletter

May 2012

## New Evidence Shows Snoring Increases Cancer Risk by Five

Scientists now believe having low blood oxygen levels can trigger the development of cancerous tumours, by promoting the growth of the vessels that feed them.

They say in future doctors could help people fight the disease by stopping them snoring. Researchers in the US looked at cancer rates in more than 1,500 people, in a study of sleep problems that has been going for 22 years. They found those with severe sleep disordered breathing (SDB) were 4.8 times more likely to develop cancer than those who had no such problems.

Those with moderate SDB were at double the risk, while those with only a slight problem had a 10 per cent increased chance, according to the group, from the University of Wisconsin-Madison.



Dr Javier Nieto, who led the study, said: "The consistency of the evidence from the animal experiments and this new epidemiologic evidence in humans is highly compelling." Laboratory and animal studies, "suggest that

intermittent hypoxia promotes angiogenesis and tumour growth". He continued: "Ours is the first study to show an association between SDB and an elevated risk of cancer mortality in a population-based sample."

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



**SLEEPING DISORDERS CENTRE**  
*Sleep, the best Medicine!*

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## Patient Story: Four Months of CPAP Therapy

Its been 4 months to the day exactly that I have been using CPAP. When I initially didn't want to use the CPAP therapy I was offered an alternative that I was told may not fully help the OSA, but would help the snoring. This was an Mandibular Advancement Device. Initial use of this wasn't as successful as hoped for, but after an adjustment to extend it, it successfully stopped the snoring.

So now, on Mr Oko's advice, I am using this along with the CPAP machine as it will help bring my receded jaw forward as I sleep, as well as having the constant air blowing through my nose.

After trying several masks I think I have now found the right one for me.... its the Philips Respironics True Blue Nasal Mask and I can happily recommend it. Its so much softer and doesn't leak air as you move due to the new technology of the concertina part of the mask. They make this one in a petite size which seems to be a better fit for me too.

Although mentally I am still coming to terms with having this condition, with a little help from my GP too, I am very proud to say that over the past 4 months I have been 100% compliant and my AHI readings

have gone down to around a 'normal' 3..... It must be a first in my life... I've always been anything but normal! Sadly unlike many CPAP users I haven't had that feeling of waking up feeling refreshed in the morning. Maybe one day I will, but having Fibromyalgia doesn't really help the situation as that zaps all my energy away.

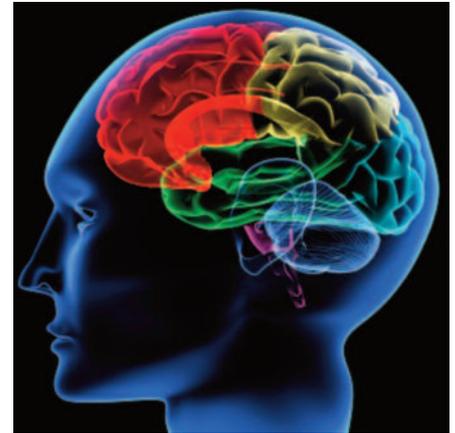
On a recent clinic appointment to see Mr Oko, I was so pleased that he is very happy with my progress and he is confident that I am in control of the therapy, he has now suggested my next appointment can be a telephone consultation. Such a brilliant idea as I wont have to leave the house and have to travel 15 miles to the Hospital.

To continue reading this patient story visit the [Snore Centre Blog](#)

To have your sleep apnoea story published in this newsletter and on the Snore Centre blog please contact [guyrowland@gmail.com](mailto:guyrowland@gmail.com)

**The Sleeping Disorders Centre treated over 400 patients in the past year**

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



## Sleepy Drivers Lethal

According to a new study in the journal Archives of Internal Medicine on car accident factors in southwest France, there was little difference between driving sleepy or drunk. Both doubled the risk of causing a car accident. This information is largely significant for drivers and the public to be aware because it can save lives.

The study included 679 people who were hospitalized because of a car accident between 2007 and 2009 in France. According to the study, men and younger adults were more likely to drive while sleepy.

The researchers wrote: In conclusion, the main factors associated with being responsible for a crash resulting in serious injury were younger age and driving cars, but more important were alcohol ingestion and sleepiness at the wheel, which are synergic.

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