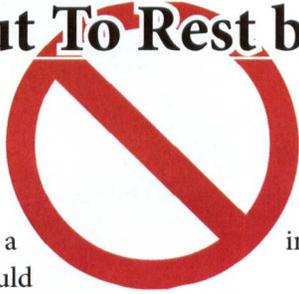


“Silent Killer” Put **To Rest** by the Mythbuster

Say No  To Snoring

Many people believe that heavy snoring is a sign of deep and refreshing sleep. This could be farther from the truth. In the past several decades snoring and the effects on your health have been in the forefront of news, television and other media outlets calling it “The Silent Killer”. SNORING has now been deemed as a warning sign that your health and even your life could be in danger. Physicians are now utilizing treatment for obstructive sleep apnea to help control medical conditions that have been resistant to medication.

Snoring, associated with sleep apnea, can be an underlying cause of heart attack, stroke, uncontrolled hypertension, irritability, headaches, depression, heart arrhythmias, diabetes, shortness of breath, and numerous other medical conditions.

Sleep apnea is a condition where the airway becomes partially or completely blocked while sleeping. Snoring, associated with a blocked airway, can cause drops in the oxygen levels in the bloodstream. Drops in the oxygen level will often cause the body to arouse thus interrupting the sleep cycle and placing excessive stress on the cardiovascular system.

Apnea is easily diagnosed and treated. The first step can be a self evaluation. Ask family members or loved ones if they notice excessive snoring or pausing in your breathing during sleep. If someone has witnessed you holding your breath while sleeping you probably have sleep apnea. A visit to your local sleep physician is highly recommended. Once evaluated and examined your doctor may suggest you come into the sleep center for a diagnostic sleep evaluation. Most sleep centers have all the comforts of home with hotel style rooms. Electrodes are placed in strategic locations to monitor your breathing, brain waves, heart and oxygen level during sleep. The procedure is painless and has

improved greatly over the past decades.

Treatment for obstructive sleep apnea varies and often depends on the severity of the condition. Mild sleep apnea can sometimes be corrected with weight loss, positional sleeping, or oral devices fitted by a dentist. Moderate and severe apnea is most commonly treated with positive pressure therapy. This bedside device is a simple fan that routes air through a tubing and mask to the face and prevents the airway from collapsing. Snoring is eliminated and patients often report feeling remarkably rested, energetic, and amazed at what a good night's sleep can do.

Recent studies by the American Heart Association state that “lack of oxygen and rising blood pressure both contribute to OSA related heart failure”. Don't keep putting yourself at risk – contact your local sleep physician today. It's a matter of LIFE & BREATH!!!

Call 615-355-5105 to schedule your sleep consultation today

Dr. Prakash Patel has received his medical school training from Government Medical College in Surat, India. He has been in the United States since 1998 and has received his internal medicine training from East Tennessee State University in Johnson City, TN (1999-2002). He received his specialty training for pulmonary, critical care and sleep medicine from The University of Florida in Gainesville, FL (2003-2006). He moved to Smyrna, TN in July 2007 and has staff privileges at StoneCrest Medical Center in Smyrna, TN, Middle Tennessee Medical Center in Murfreesboro, TN, VA Medical Center in Murfreesboro, TN and Centennial Medical Center in Nashville, TN. He has been board certified in internal medicine, pulmonary medicine, critical care and sleep medicine. Dr. Patel has been involved in medical research during his fellowship training and has published articles related to his specialties. He is involved in giving presentations on sleep disorders in local news papers and local news channels.

