

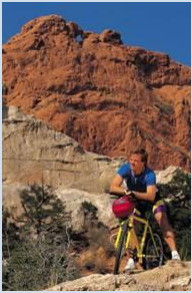


AMERICA'S
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Snooze e-News!

January 22, 2007

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New Study Investigates Links Between Fatigue, Genes And Athletic Performance

Scientists at the University of Portsmouth are investigating whether endurance athletes with a specific type of gene are less likely to suffer fatigue. The results from the study may mean identifying the super athletes of tomorrow could be as simple as taking blood from a pin prick. The study found that the IL-6 receptor levels in athletes markedly increased over the seven-day mountain bike event as the mountain bikers became more tired. But IL-6 levels did not change. This, Dr Paula Ansley-Robson said, might suggest it was not an increase in IL-6 that was making athletes tired but, rather, an increase in the levels of the IL-6 receptor. "This would heighten the athlete's sensitivity to IL-6 when it is produced i.e. during exercise or illness, resulting in an exacerbated fatigue and worsening of athletic performance.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=61261>

Nearly One-Third Of Children Having Surgery Are Overweight Or Obese, Study Finds

Researchers looked at a database of all 6,017 pediatric surgeries at the U-M Hospital from 2000 to 2004, and they found that nearly a third of the patients - 31.5 percent - were overweight or obese. More than half of those children qualified as obese, according to the study, which appears in the new issue of the *Journal of the National Medical Association*.

The results also suggest that children who are overweight or obese have an increased likelihood of requiring certain types of surgery. The surgeries these children were having performed most frequently included the removal of tonsils and adenoids, as well as other surgeries designed to assist with breathing problems and sleep apnea; orthopedic surgeries to fix broken bones and other ailments; and procedures designed to mend digestive and gastrointestinal issues.

: <http://www.medicalnewstoday.com/medicalnews.php?newsid=60953>



Fractures Not Caused By Benzodiazepine Use After All

Benzodiazepines are sedative drugs prescribed for anxiety, sleep, and seizure disorders. Concerns about abuse, misuse, and adverse effects of these drugs--including hip fractures among the elderly--have prompted state and national policies intended to regulate access to them. Since January 2006, benzodiazepines have been excluded from coverage through the Medicare Part D drug benefit. The investigators are currently funded by a grant from the National Institute on Aging to monitor the impact of the Medicare Drug Benefit. They believe future studies based on these new data will shed additional light on how policies that exclude coverage for benzodiazepines affect the rate of hip fracture among the elderly.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=60878>

Use of Flow-Volume Curves to Predict Oral Appliance Treatment Outcome in Obstructive Sleep Apnea



It has been recognized that mandibular advancement splint (MAS) treatment is effective in some, but not all, patients with OSA. 54 patients with known OSA underwent MAS treatment. Expiratory and inspiratory flow-volume curves were measured in the erect and supine positions to derive mid-inspiratory flow (MIF50) and the ratio of expiratory to inspiratory flow at 50% of vital capacity (MEF50/MIF50). Conclusions: These data suggest that flow volume curves, in combination with other factors such as BMI, age, and baseline AHI,

may have a useful clinical role in the prediction of treatment outcome with MAS. <http://ajrcem.atsjournals.org/cgi/content/abstract/200608-1205OCv1?maxto show=&HITS=10&hits=10&RESULTFORMAT=&fulltext=sleep+apnea&searchid=1&FIRSTINDEX=0&fdate=1/1/2007&resourcetype=HWCIT>

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