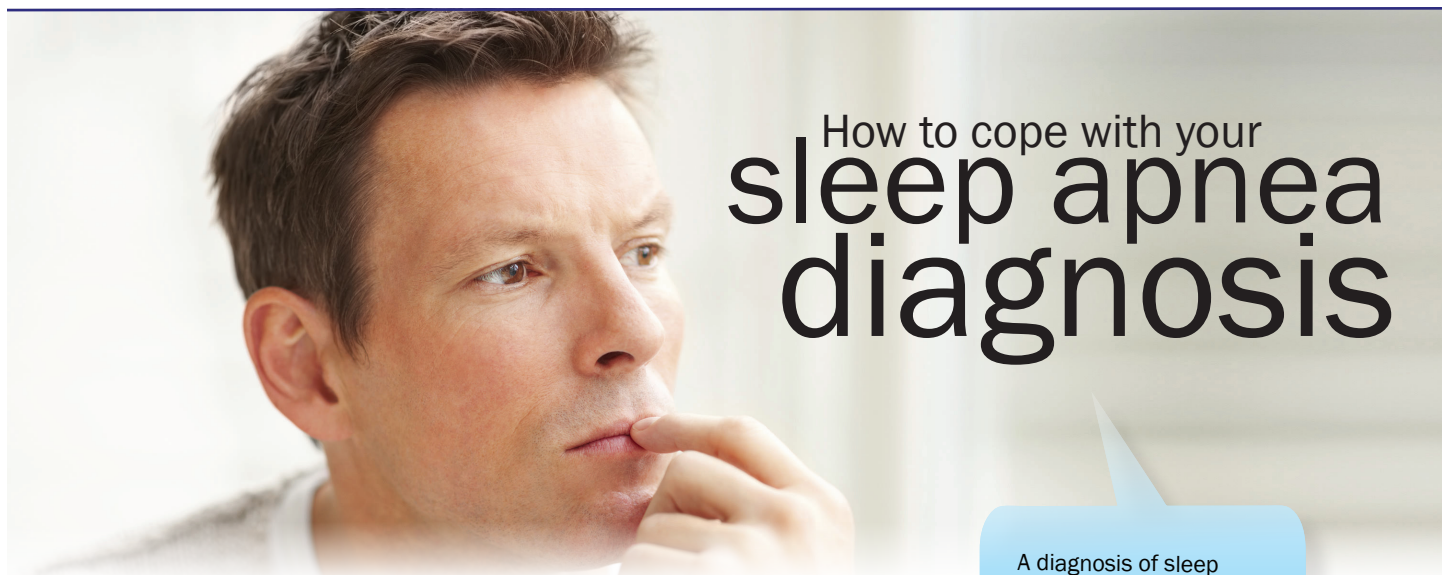


*News on sleep apnea for the commercial trucking industry*



## How to cope with your sleep apnea diagnosis

For some of you, the benefits of treating your sleep apnea are instant and in those cases, coping and adjusting to sleep apnea is a fairly easy and welcome cure to a lifelong struggle with undiagnosed sleep apnea. However, for others, the journey is more difficult and cumbersome (especially when the benefits of CPAP treatment are not immediately apparent).

In many instances, a diagnosis of sleep apnea is met with an array of emotions. These emotions are variable and are part of the predictable stages, which

accompany major life changing events. They parallel the stages of grief, which were first identified by Elizabeth Kubler-Ross: Denial, Anger, Bargaining, Depression and lastly Acceptance. Initially, Kubler-Ross identified these stages in the realm of terminal illness, but these stages have also been useful in understanding a person's normal reactions to other major life changing events. People who experience the adjustment stages do so on their own timeline and in no specific order. In other words, people react and respond differently to these events.

A diagnosis of sleep apnea can bring you through the traditional stages of grief:

Denial  
Anger  
Bargaining  
Depression  
Acceptance

One thing is clear: if you don't believe you have a problem, then it is nearly impossible to make the necessary lifestyle changes to adopt the treatment to address and treat the problem-i.e. sleep apnea.

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PPD: Protecting Professional Drivers is a production of Precision Pulmonary Diagnostics, specializing in premium news and analysis on sleep apnea for the commercial trucking industry, and is published 4 times a year.

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(PPD), provides professional screening for drivers who are at risk for sleep apnea. This is a HIPPA-compliant, online tool customized to a company's requirements.

Once a driver has been diagnosed with sleep apnea, PPD will provide local diagnostic services with the ease of Webbased scheduling and quick, reliable turn-around — from diagnosis to treatment.

Drivers who require treatment will be fitted for and provided with a CPAP mask, flow generator, and heated humidifier for nightly use.

In order to ensure drivers are using their masks correctly, PPD has partnered with a leading manufacturer of CPAP equipment, masks, and the only provider of a patented wireless compliance monitoring system.

The wireless compliance monitoring system provides daily information of CPAP use, efficacy, and allows real-time troubleshooting of any problems your drivers may be experiencing. With this data, we can enhance your drivers' CPAP acceptance and long-term compliance. In short, our protocols can maximize your results and your return on investment.

For many, the journey begins at this point- Denial. A "denial" statement might look like this: "I'm sure I don't have sleep apnea because I don't have problems sleeping." It is important to understand your diagnosis and discuss your concerns with your physician/Healthcare provider and work through these issues early on after a diagnosis is first made.

After one receives a diagnosis, the emotional journey can take several different directions. For some, the realization that they have a chronic condition may lead to feelings of anger, loss, fear or resentment. Statements such as: "Why me"? or "This is a scam"! are not all that uncommon at the beginning of treatment.

For others there may be an initial discomfort with the new diagnosis and treatment which improves slowly over time as one learns more about the diagnosis and how treatment can positively add to their life. There also may be moments of Bargaining such as, "If I lose weight will I still need CPAP treatment"? Depression may be part of the process and for some it might feel like loss or helplessness.

It is important for you to know that coping and adjusting to any diagnosis (especially sleep apnea) is a process which can take anywhere from a few days to a few months. It has its ups and downs and the journey is not always linear. Once you reach the "acceptance" stage, you could potentially have cycled through other stages a few times before finally moving into accepting your diagnosis and treatment. This doesn't mean that once you reach the acceptance stage everything is perfect, In fact, you may continue to have other emotions that arise from time to time. In time, these emotions should diminish with the hope that you are 100% committed to your CPAP treatment and realize how important this treatment is to your life.

Change is an individualized process and can take many different forms. It is clear that when people feel understood, the adjustment process is more likely to succeed for the long term. Our goal here at PPD is to help drivers and provide them with the support, information and education to make their CPAP treatment a success!

Best Wishes,

*Katia LaManna*

Vice President of Operations

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# Schneider boasts ROI with apnea screening program

Schneider National in Green Bay, Wis., is lowering its driver crash rate thanks to its award-winning sleep apnea awareness program and use of Precision Pulmonary Diagnostics' (PPD) patented screening questionnaire.

According to an article on Today's Trucking Web site, Don Osterberg, vice president of safety and training at Schneider National, said the majority of drivers are thankful Schneider took notice of the disorder and put the system in place to help.

The screening questionnaire includes information related to the drivers' health and wellness, BMI, and overall lifestyle. That data is put through algorithms and determines the likelihood of sleep apnea. If the risk is high enough, drivers undergo overnight evaluation at a sleep clinic to confirm a diagnosis.

A driver's treatment varies depending on its severity. According to the article, treatment can be as simple as changing diet or exercise routines. However, some patients may need to use a Continuous Positive Airway Pressure (CPAP) device.

The program started as two pilot studies. The first followed 339 sleep apnea drivers a year before and a year after treatment. Preventable crashes were reduced by 30 percent; median cost of crashes (how the carrier monitors high-severity crashes) dropped by 48 percent; retention improved by 60 percent; and health-care savings averaged \$539 per driver.

In a 2006 study involving 788 drivers, there was only a 12 percent reduction to accident frequency but the median cost of crashes rate dropped by a 63 percent.

Although Schneider National has turned the program to policy, it is still ironing out the details for its drivers. For instance, since there isn't a DC-powered CPAP machine on the market that will run off a standard truck battery for the 8-10 hours required for full restorative sleep, drivers need to use an AC inverter. In addition, with all the anti-idling laws in North America, drivers will also probably need an APU system too.

Osterberg said that, to people who say they won't do it until its perfect, I say that's not a reasonable expectation considering the risks.



Schneider National truck driver William Rundle takes advantage of his company's sleep apnea program.

## ATA spotlights OSA, drivers at spring event

The American Trucking Association, along with the Federal Motor Carrier Safety Administration will co-sponsor the first Sleep Apnea & Trucking Conference May 12, 2010, at The Westin Baltimore Washington, in Baltimore, Md.

Organized by the American Sleep Apnea Association, the event will feature presentations and panel discussions focusing on providing a common understanding of OSA diagnosis and treatment, clarifying current and proposed regulations, establishing an ongoing forum of experts to generate guidance for improvements, and providing trucking management with the resources to improve employee health and safety.

"It is important that the trucking industry actively engages in improving the quality of life and the performance of our drivers," said ATA President and CEO Bill Graves. "Professional truck drivers play a vital role in delivering our nation's freight."

Precision Pulmonary Diagnostics will be on-hand during a session discussing sleep apnea management initiatives for sleep apnea diagnosis, treatment and compliance within trucking and the workplace.

The one-day conference be preceded by a reception and keynote address from National Transportation Safety Board Chairman Deborah Hersman on May 11, 2010.

For more information, visit the ASAA site at [www.satc2010.org](http://www.satc2010.org).

# Well-rested truckers make better food choices

Truck drivers can now add “healthier diets” to their list of benefits associated with getting plenty of sleep, according to a new study by Dr. Orfeu M. Buxton, at Harvard Medical School in Boston, Mass.

Buxton and his colleagues found that truckers who felt they regularly got adequate sleep tended to consume more fruits and vegetables and fewer sugary drinks and snacks.

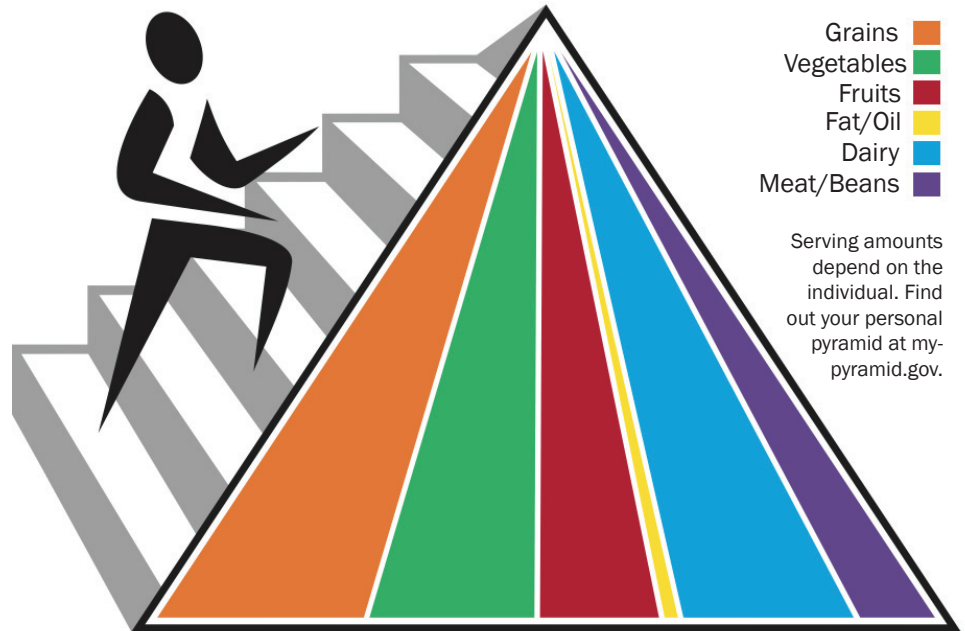
The study assessed the self-reported diet, sleep and job-related factor of 542 male Teamster union members who were around 49 years old. Their report in the American Journal of Public Health, noted 66 percent worked as pick-up and delivery truck drivers, 20% as over-the-road truckers, and 15 percent served dual roles as dockworkers and truck drivers.

Eighty-seven percent of truckers were satisfied with their job and 52 percent said they got enough nightly shut-eye “to feel rested upon waking up.”

Truckers reporting insufficient sleep reported eating about two fruit and vegetable servings, and slightly more than one sugary drink and nearly one sugary snack each day.

Whereas, the well-rested truckers also mentioned they ate about three servings of fruits and vegetables, less than one sugar-added drink and less than half a serving of a sugary snack each day.

Buxton and his colleagues concluded programs encouraging adequate sleep may have positive benefits on employee health.



## Do you know your FOOD IQ?

Choose which food item is nutritionally better for you, according to the U.S. Department of Agriculture.

Natural cheese or low-fat cheese

Bacon or ham

pasta primavera or pasta alfredo

Yogurt or sour cream

Syrup or apple sauce

Answers: Low-fat cheese, ham (if lean), pasta primavera, yogurt (if it is plain or low-fat) and apple sauce

### What is a “Healthy Diet”?

According to U.S. Department of Agriculture, a healthy diet emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. A healthy diet is also low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

## Be drowsy-free

- Don’t be too rushed to arrive at your destination. Many drivers try to maximize their time by driving at night or not stopping for breaks. However, crashes caused by sleepiness are among the most deadly. It’s worth extra time and money to arrive at your destination safely.
- Take a break every 100 miles or 2 hours.
- Avoid alcohol and sedating medications check your labels or ask your doctor or pharmacist about side-effects.
- Avoid driving at times when you would normally be sleeping.
- Take a nap; if you feel that you are in danger of falling asleep find a safe place to take a 15 to 20-minute nap.

Source: National Sleep Foundation



## OSA patients, protect your liver

Research at the University of Bern in Switzerland suggests sleep apnea may be taking a new victim – the liver.

The study included studies of normal mice kept in a low oxygen environment for a week. The control group was kept in a normal oxygen environment. The Bern group discovered the mice in the low oxygen environment showed fat deposits and inflammation in their livers – effects which were not observed in normal oxygen group.

The genes in the low oxygen group responsible for fat synthesis were highly active, while the genes responsible for fat breakdown showed reduced activity. Mice in the low oxygen group were also less sensitive to insulin than the control group.

The lack of oxygen may be the link leading to accumulation of fat in the liver and to the progression of non-alcoholic steatohepatitis, said Dr Anne-Christine Piguet, head of the research team. The findings show it is important both to screen obese patients for obstructive sleep apnea to prevent it contributing to fatty liver disease.

# NFL players educate shoppers on sleep apnea

Some Pittsburgh Steelers players and ESPN 1250 Radio staffers recently visited a local mall to wake shoppers up to sleep apnea.

Mike Logan, a current talk show host and former Steelers safety, told a Pittsburgh station reporter Sally Wiggin he became aware of the problem while rooming with teammate Chukky Okobi.

Logan said he was aware at how much his roommate struggled with sleep apnea. However, after getting tested and his treatment in place, he was able to sleep better. That meant he was also able to perform better on the field because he was well rested.

Deshea Townsend, Steelers' cornerback, said his brother was diagnosed with sleep apnea. Townsend took a pre-test at the mall and said he'll take a sleep test after Pittsburgh's season ends.

So many people think you have to be overweight to have sleep apnea, Townsend said. But as shoppers realized, you don't need to be "one of those big guys," to suffer from the sleep disorder. Teammate Casey Hampton was one of those big guys. After the death of Pro Football Hall of Fame member Reggie White in 2004, he got tested.

Hampton said after White died, everyone was talking about it. NFL trainers were pressing players to get tested. As it turned out, Hampton did not have the disorder.

The idea to educate shoppers was the brainchild of ESPN 1250 general manager Mike Thompson, who suffered from sleep apnea until he began sleeping with a mask.

Thompson said, he gets eight hours of sleep. has more energy, more vitality. His blood pressure -- despite his size -- is normal, and since 1992, it changed his life.

