

News on sleep apnea for the commercial trucking industry

PPD debuts new driver blog

CPAP Cross Country offers support for road warriors with sleep apnea

Every driver needs a little extra support on the road, especially when suffering from obstructive sleep apnea (OSA). That's why Precision Pulmonary Diagnostics released its driver support site, CPAP Cross Country.

CPAP Cross Country delivers articles pertaining to issues drivers with OSA face – understanding OSA lingo, how to get a good mask fit, weight loss, and even being sexy with your CPAP machine.

In addition, CPAP Cross Country offers 2 to 5-minute podcasts for drivers who don't have the time to browse the site's library of articles. Each podcast is stream-able right online or via a driver's Smartphone. CPAP Cross Country also has access to PPD's driver edition newsletters (like this one) to read during downtime.

If a driver has a question regarding his/her equipment, his/her company's sleep program, or sleep labs, he/she can review the site's Frequently Asked Questions page. The page covers the most commonly asked questions PPD addresses regarding drivers and treatment. If his/her question isn't listed, a driver can call PPD's toll-free hot line 24 hours a day, 7 days a week.

Last, for drivers unsure if CPAP treatment really works or hesitant to get started, CPAP Cross Country offers testimonials from peers who deal with OSA every day and found success with PPD's treatment program.

For more information or to peruse the site's offerings, visit CPAPCrossCountry.com.



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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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Precision Pulmonary Diagnostics (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 Web-based 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.

Dear Readers,

For some of you, weight loss can help ease and or reduce sleep apnea symptoms. About 50 percent of truck drivers in the United States are estimated to be obese and about 28-30 percent of drivers in trucking fleets are estimated to have or be at risk for Sleep Apnea.

Truck drivers face specific challenges in this regard due to their lifestyle, specifically truck drivers that are in their trucks for long periods of time.

What are some things you can do?

The first place to start:

1. Talk to your doctor about starting a weight loss program
2. Pay attention to your bad dietary habits. Some people keep a diary of what they eat.

Try reducing your bad dietary habits and replace with good habits:

1. Reduce or eliminate sodas
2. Reduce or eliminate chips and other high fat snacks
3. Increase water consumption
4. Incorporate more fresh veggies and fruits
5. Incorporate a handful of nuts (almonds) into your daily diet
6. When available- try to replace white rice and pasta with the whole grain/ wheat varieties
7. Increase more fiber rich foods into your daily diet

It's easy to consume double or triple your calorie allotment by making uninformed choices. One of the biggest mistakes I see people make is reaching for what they believe is a healthy choice: for example, opting for the healthy salad but then pouring on the high fat salad dressing. By the time you are done with your "healthy" salad you may have consumed in excess of 700 calories. A good option might be to change to a light salad dressing or order the dressing on the side and use less dressing. Changing your dietary habits can be challenging. It takes determination as well as good informed food choices. Read your labels and think about what you are eating.

Diets don't work long term unless they are accompanied by an exercise routine. Try walking 30 minutes a day. (I know this is easier said than done) - can you walk a couple of laps around the truck stop or maybe a few laps around your truck?

Set small obtainable goals for yourself and take it one day at a time. Try to stay away from fad diets that deprive you and leave you hungry. By eliminating your poor dietary habits and increasing some good ones as well as adding some daily exercise to your life, you will start to feel better and most likely start to see some weight loss- slowly but surely. Some people find it helpful to track their food and calories through the various free on-line weight-loss tracking websites. For example, Livestrong.com is a free site that offers lots of interesting and helpful information as well as a free place to track your daily caloric intake.

There's no time like today to take control of your health.... It's in your hands because only you can make the decision to change your life.

Do you have diet success or failure story? We've love to hear it.

Happy Driving!

Katia LaManna, LCSW

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OSA to blame for nighttime bathroom trips

Do you wake up too often in the middle of the night to “go”? A new study released by Ben-Gurion University of the Negev (BGU) suggest patients with enlarged prostates thought to have nocturic episodes (waking up from the need to use the bathroom) actually wake from obstructive sleep apnea (OSA) and then decide to urinate.

Researchers compared randomly chosen men 55-75 years old from primary care clinics, diagnosed with BPE and reported getting up to use the bathroom at least once nightly. The study, which was published in the American Board of Family

Medicine, revealed more than half (57.8 percent) of those with enlarged prostates could be suffering from OSA.

Dr. Howard Tandeter, a researcher in BGU’s Department of Family Medicine, Faculty of Health Sciences, said if the study holds true and nocturia severity is actually caused by a sleep disorder, it can now be treated to help improve a patient’s quality of life.

He urged physicians with patients with enlarged prostates, who report waking up frequently to use the bathroom, to suspect OSA as a possible cause and have them tested.



Study links apnea to cancer growth in mice

A new study links interrupted breathing to cancer cells and increased tumor growth in mice, according to researchers in Spain. The study also found tumor cells of OSA mouse models tended to contain more dead cells, indicating a more aggressive type of cancer.

In this study, mice injected with melanoma tumor cells were divided among two groups. In the first group, mice were exposed to interrupted breathing, where oxygen was restricted for 20-second periods at a rate of 60 periods per hour for six hours per day, and normal oxygen levels for the remainder of the day. In the second group, mice received normal levels of oxygen.

Tumor volume was measured throughout the study and at the end of the study period. At the end of the 14-day study

period, tumors from all mice were removed and weighed and tumor necrosis (indicated by the numbers of dead cells present) was measured to determine the aggressiveness of the tumors.

The authors found that, while tumor volume progressively increased with time in both the interrupted breathing and control groups, the increase was higher in the mice subjected to the interrupted breathing. Tumor weight and necrosis in the interrupted breathing group were almost two times that of the tumors in the control group.

Ramon Farre, PhD, professor of physiology at the University of Barcelona School of Medicine Biophysics and Bioengineering Lab, said the results of this study could have future clinical implications

if the results are confirmed in large-scale human studies. “There are still several questions that need to be answered, both at the basic science and clinical levels,” he said.

Future studies would need to evaluate whether intermittent hypoxia also triggers the initial formation of tumors and whether it promotes metastasis, or spread of tumors from one organ to another. Because this study focused on melanoma, Dr. Farre said additional studies should also explore whether intermittent hypoxia affects other types of cancer.



Adults eat more after sleeping less

Normal-weight adults consumed significantly more calories when they spent fewer hours sleeping at night, Columbia University researchers reported.

Adults who were sleep deprived consumed an average 296 more calories per day than their well-rested counterparts. Most of the extra calories came from unhealthy saturated fat – though protein consumption also increased.

Both women and men ate more after sleeping less, but women ate an additional 329 calories on average compared to the men's 263. Women also consumed more fat (an average 31-gram increase) after sleeping less.

For the inpatient study, researchers assessed 26 normal-weight adults (50 percent women). Half slept four hours per night for six days, then nine hours per night for six days. The other half did the same protocol, but in reverse order – longer sleep first, then shorter sleep.

They received a portion-controlled diet for the first four days of each period, then chose their own food, which was measured, for the last two days.

Although previous studies have linked insufficient sleep to obesity, few have compared food intake between people who get optimal and suboptimal amounts of sleep.

“If sustained, the dietary choices made by people undergoing



Technology steals beauty sleep, study suggests

While technology has made our lives more productive and enjoyable, our nightly beauty rest may be paying the price. A poll released by the National Sleep Foundation suggests technology – cell phones, computers and Internet – may be the root cause of truncated sleep schedules, especially if used right before bedtime or the middle of the night.

While it is not just the time factor stealing our sleep, it is also the light exposure from computer screens and other devices that suppress the hormone melatonin which tells our bodies when it's time to sleep. As a result, we don't feel sleepy when we should because our body is confused.

In the poll, Americans reported very active technology use in the hour before trying to sleep. Almost everyone surveyed, 95 percent, used some type

of electronics like a television, computer, video game or cell phone at least a few nights a week within the hour before bed.

So, how can you balance technology and sleep?

- Set a time limit on social networking sites and checking e-mail.
- Spend face-to-face time with family and friends and leave the gadgets in the car.
- Exercise daily as it increases alertness and helps promote quality sleep.
- Be deliberate in your sleep routine. Don't use technology for an hour before bedtime to allow your body to unwind naturally.

Research: Sleep problems to blame for impotence, incontinence

Links exist between OSA and erectile dysfunction, restless sleep and urinary problems, according to two new studies released at a special press conference at the American Urological Association's (AUA) annual meeting in Washington, D.C., held earlier this year.

The first study followed 870 men with an average age of 47.3 years and an average body mass index of 30.2, which is considered obese.

Health screening found 63 percent of the men had OSA, 5.6 percent had a history of diabetes, and 29 percent had a history of smoking.

After they adjusted for age and other health conditions, the researchers found men with erectile dysfunction were more than twice as likely to have OSA than those without erectile dysfunction. The researchers also noted the more severe the erectile dysfunction, the greater the likelihood of having OSA.

In the second study, researchers at New England Research Institutes, Inc. in Watertown, Mass., followed-up with 1,610

men and 2,535 women for five years, assessing sleep disturbances and the development of urologic symptoms.

Their study concluded sleep problems precede certain urologic conditions, such as urinary incontinence, lower urinary tract symptoms, and the need to get up during the night to urinate (nocturia).

The investigators found short sleep duration among men and restless sleep among men and women was strongly associated with the incidence of lower urinary tract symptoms (8 percent among men and 13 percent among women). Incidences of urinary incontinence and nocturia were associated with restless sleep among women but not men, according to the researchers.

Proper amounts of sleep and quality of sleep can impact including erectile function and lower urinary tract symptoms, according to AUA spokesman Dr. Kevin T. McVary. The study may help better assess patients' sleep habits which can be adjusted to improve their health.



Shaquille O'Neal diagnosed with sleep apnea

Basketball superstar Shaquille O'Neal recently underwent a sleep study, thanks to the insistence of partner Nikki "Hoopz" Alexander, and discovered he suffered from moderate sleep apnea.

The 350-pound celebrity partnered with Harvard Medical School in a four-minute video which documents Shaq's study

and discusses the dangers of untreated sleep apnea. In the study, Dr. Atul Malhotra discusses Shaq's treatment options and tells him the options are "generally regarded as lifelong."

Opting for CPAP therapy, Shaq's diagnosis garners new attention for the disease, spurring people to get tested.

In addition, the field of sleep medicine could use Shaq's celebrity status to spotlight the long haul of treatment adherence – which research indicates accounts for just 50 percent of those using CPAP therapy.

To help you adjust to your treatment, call PPD any time toll-free at 866.370.3102.