

Hypertension and Sleep

In This Issue

The Silent Killer

Message From Dr. Whitney

Will a New Mattress Help?

CPAP Talk

About Whitney Sleep Centers

High Blood Pressure: The Silent Killer

High blood pressure (medically known as Hypertension) earned its nickname as the silent killer because there are no symptoms. According to the American Heart Association, over 50 million Americans have high blood pressure. Many people go about their daily activities not knowing they have it.

Although there are no symptoms for high blood pressure, there is a strong correlation between drug resistant hypertension (requiring two or more prescriptions to manage) and obstructive sleep apnea. On average, out of 100 people with drug resistant hypertension, 80 will have obstructive sleep apnea. Even patients who are diagnosed with new onset hypertension should be screened for sleep apnea (see Dr Whitney's article below).

If you are someone (or know someone) with high blood pressure, please take a minute to take the seven question screening test at the bottom of this page. If you are a candidate to be further evaluated for a sleep disorder, call us to schedule a consultation or have talk more with your primary care provider about the issue.

A Message From Dr. Whitney By Dr Courtney Whitney, Board Certified Sleep Physician, Medical Director

Hypertension affects over 50 million Americans. Effective treatment of hypertension reduces the risk of stroke by 45%, heart attack by 25% and congestive heart failure by 50%. It is dangerous to ignore elevations in blood pressure. Historically, those with a high blood pressure would be prescribed just medications. Many of them would take multiple medications in attempts to control blood pressure elevations. Now many of my patients are appreciating a better night's sleep and reduction in blood pressure with CPAP therapy. The Joint National Committee on prevention, detection, evaluation and treatment of hypertension, declared in the most recent report that sleep apnea causes high blood pressure. The committee has recommended that all patients with high blood pressure should be evaluated for possible sleep apnea. If you have a normal blood pressure you are less than 120/80. Your blood pressure is considered in the borderline range if it is between 120-139/80-89. You have full-blown high blood pressure if you're greater than 139/89.

If your blood pressure is elevated and you snore, there is a good chance you have sleep apnea. In conjunction with medication treatment it is wise to seek an evaluation of your sleep to rule out obstructive sleep apnea. In doing so it is likely that with treatment you will have a reduction in blood pressure, and subsequently appreciate a reduction in vascular disease, renal failure and congestive heart failure. When CPAP is chosen as a treatment option, studies have shown that the best results occur after an average of 5-1/2 hours a night on CPAP. The majority of the patient's I see with obstructive sleep apnea have already suffered from these adverse outcomes (vascular disease, kidney disease, stroke or heart disease). Don't wait, be proactive and discuss your sleep with your doctor.

Do you Think You Might Have A Sleep Disorder?

Yes No

- Do you snore?
- Are you excessively tired during the day?
- Have you been told you stop breathing during sleep?
- Do you have a history of hypertension?
- Is your neck size > 17 inches (male) or > 16 inches (female)?
- Do you wake up to use the bathroom more than twice a night?
- Have you ever fallen asleep while driving?

Answering "yes" to two (or more) of these questions may be a positive screen for Obstructive Sleep Apnea. Patient should scheduling a consultation with a board certified sleep physician at Whitney Sleep Centers.

Welcome Dr. Chiang!

Dr. Alfred Chiang is now seeing patients at our Burnsville office. Dr. Chiang had been practicing sleep medicine in Indiana for 5 years before relocating to the Twin Cities. Call to schedule an appointment with Dr. Chiang today! 952-431-5011

The Whitney Word

The Quarterly Sleep Medicine Newsletter From Your Friends at Whitney Sleep Center

Will a New Mattress Help?

It seems every time you switch on the radio or TV there is an ad for the latest and greatest mattress that offers up life changing health benefits. Granted, if your mattress is 20 years old and drooping, a new mattress should offer a significant improvement in comfort—but no mattress can help you breathe better. One of the leading reasons for poor sleep is sleep disordered breathing. This means that while the person sleeps, the airway in their throat collapses to the point where they stop breathing when they sleep—sometimes up to 100 times an hour! In addition to suffering from daytime fatigue, people with sleep disordered breathing are more prone to many other health issues (hypertension, heart attack, stroke, diabetes, and car accidents, to name a few). The good news is that the physicians at Whitney Sleep Center are board certified in sleep medicine, which means that you can be diagnosed and treated for any of the 84 known sleep disorders right at our Plymouth or Burnsville office.

CPAP Talk By Megan Schultz, RRT, Clinical Director for Whitney Sleep Centers

How often should I replace my CPAP / BiPAP Supplies?

Item	HCPSC Code	Replacement Schedule
Full Face Mask	A7030	90 days
Full Face Cushion	A7031	30 days
Nasal Cushion	A7032	30 days
Replacement Pillow	A7033	30 days
CPAP Mask	A7034	90 days
CPAP Headgear	A7035	180 days
CPAP Chinstrap	A7036	180 days
CPAP Tubing	A7037	30 days
Disposable Filter	A7038	30 days
Filters	A7039	180 days
Oral Interface	A7044	90 days
Heated Humidifier	E0562	5 Years
CPAP Machine	E0601	5 Years

We are asked this question by patients every day! How long various CPAP supplies should last isn't always apparent to the CPAP user. The table on the left outlines the replacement schedule as put forth by the Centers for Medicare and Medicaid Services. This is a guideline only--your replacement level will vary depending on the care of your CPAP accessories and other variables. If you have further questions or supply needs please contact us at (763)519-0634 for Plymouth or (952)-431-5011 for Burnsville. You can also email us at supplies@whitneysleepcenter.com. We can ship supplies to you and there is no charge for the shipping costs!

Sleep Fact:

It is estimated that one in five adults have sleep disordered breathing. Up to 80% of these are unaware of their condition and remain undiagnosed and untreated

About Whitney Sleep Center

Dr. Whitney opened Whitney Sleep Center in 2004 in Plymouth. He believed having CPAP services and physician services as well as sleep diagnostic testing all housed in the same facility was essential in treating sleep disorders as a whole.

Whitney Sleep Center expanded its operations to Apple Valley 2 years ago and moved the south metro office to our current location in Burnsville 1 year ago. We found many of our Plymouth patients were traveling from the south metro and thought the area would be a great fit for us.

Megan, Lori, Julie and Jeni have approximately 40 years of experience as a group working with sleep disorders and CPAP patients. They are truly "experts" in fitting CPAP patients with the right mask and machine.

Our night technologist staff now includes Melanie, Tanvi, Greg, Eric and Mary. We feel our excellent techs make us stand out in terms of providing excellent care to our patients.

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