



Jacksonville Dental Sleep Medicine
Health Centered Dentistry
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Greetings!

Thank you to all of our patients that have shared oral appliance therapy success stories. Please keep us in the loop on your progress and life changing stories. We treasure all of your feedback!

As our campaign awareness on sleep apnea is making headway, we know that we still have a long journey in communicating the life-threatening consequences of untreated sleep apnea. We continue to ask for your support in spreading the awareness of untreated sleep apnea and alternatives to the CPAP treatment.

There are still many Americans who know very little of the sleep disorder. Even less know what it does to someone physically and emotionally. This newsletter contains an article illustrating how sleep apnea affects cancer patients – indicating that patients with sleep apnea had almost five times the risk of cancer death compared to patients without sleep apnea.

Every day, new medical information and statistics are released presenting additional evidence on the toll untreated sleep apnea can take on a body and the fatal results of the disease when it is left ignored and untreated. If you or anyone you know is CPAP intolerant or suffering from possible symptoms of sleep apnea, such as snoring, severe daytime fatigue, headaches, lack of memory or focus, high blood pressure, or diabetes, PLEASE seek help.

Call us immediately for a sleep apnea screening and consultation!

Did you Know?

Sleep Apnea Linked to Higher Cancer Death Risk

Cancer compensates, spreads in search for oxygen, researcher suggests

Source: Summarized from Health Day Reporter

People with the most severe sleep apnea -- those who have 30 or more episodes of low or no oxygen in an hour of sleep -- had almost five times the risk of cancer death compared to someone without sleep apnea.

"Sleep apnea is the periodic pausing of breathing during sleep that results in drops in oxygen levels in your blood. It causes snoring and sleepiness during the day," explained study author Dr. Javier Nieto, chair of the department of population health sciences at the University of Wisconsin School of Medicine and Public Health, in Madison. Nieto said the new study was suggested by researchers from the University of Barcelona in Spain. They found that when mice were deprived of oxygen periodically, skin cancer tumors grew faster in the mice. In addition, cancer cells in the lab that are deprived of oxygen produce molecules that stimulate the growth of blood vessels in an attempt to get more oxygen.

Nieto and the Spanish researchers wondered if this effect was the same in humans. To test that theory, they reviewed data from more than 1,500 people included in the Wisconsin Sleep Cohort. This study included 22 years of mortality data, as well as information from sleep studies.

The researchers adjusted the data to account for age, sex, body mass, smoking and other factors that might affect the risk of cancer death, and found that sleep apnea does indeed increase the risk of cancer death. They also found that the more severe the sleep apnea, the more likely someone was to die from cancer. People with mild sleep apnea -- 5 to 14.9 episodes of low or no oxygen in an hour -- had a 10 percent increased risk of cancer death, while those with moderate sleep apnea -- 15 to 29.9 episodes of low or no oxygen in an hour -- had double the risk of cancer death. Those with severe sleep apnea -- more than 30 episodes of low or no oxygen in an hour -- had a 4.8 times higher risk of cancer death.

He said there is also a plausible mechanism for this association. When you have cancer and you repeatedly have episodes of low or no oxygen, the cancer cells "try to compensate for the lack of oxygen by growing additional blood vessels to get more oxygen. It's a defense mechanism," Nieto said. As those blood vessels keep growing, it helps the tumor to spread, he further explained.

Dr. Steven Park, a sleep medicine specialist and otorhinolaryngologist at Montefiore Medical Center in New York City, said he wasn't surprised by the findings. "This goes along with the link between sleep apnea and pretty much every chronic medical condition out there," Park said. "Anyone with snoring, severe daytime fatigue, lack of memory or focus, high blood pressure, diabetes, and even someone who has to get up to go to the bathroom at night should be screened for sleep apnea." He added that it's possible to have sleep apnea without snoring, especially for women. So, if you're getting enough sleep at night, yet still feel tired during the day, it's important to bring this up to your doctor.

<http://health.usnews.com/health-news/news/articles/2012/05/20/sleep-apnea-linked-to-higher-cancer-death-risk>