



Snooze e-News!

May 8, 2006

News about the *Snooze!*

This email contains links to articles related to sleep disorders from various websites from the past. For more information on the articles click on the links provided. Please note: News websites may withdraw their articles at any time and archive it on their site.

New procedure for sleep apnea

A new treatment called the Pillar procedure goes after the same target but is an easier fix for many patients. Doctors insert three tiny woven implants into the soft palate. It's done as a 30-minute outpatient procedure. The implants work to harden



the soft palate. The success of the treatment is the result of two things. First, the implants stiffen the palate, but the scar tissue that forms as a result of the implants also helps stiffen the soft palate. The scar tissue takes time to form, so the full benefits of the procedure often aren't realized for three to six months afterwards. Not everyone with sleep apnea is a candidate. The Pillar procedure is most effective for people with mild sleep apnea, Hopp said. Study results show two-thirds of patients with mild sleep apnea will benefit from the procedure.

<http://www.news8austin.com/shared/print/default.asp?ArID=161335>

Drug therapy for obstructive sleep apnoea in adults (Cochrane Review)

Drug therapy has been proposed as an alternative to CPAP in some patients with mild to moderate sleep apnoea and could be of value in patients intolerant of CPAP. A number of mechanisms have been proposed by which drugs could reduce the severity of OSA. The study concluded that there is insufficient evidence to recommend the use of drug therapy in the treatment of OSA. Small studies have reported positive effects of certain agents on short-term outcome. Certain agents have been shown to reduce the AHI in largely unselected populations with OSA by between 24 and 45%. For fluticasone, mirzapipine, physostigmine and nasal lubricant, studies of longer duration are required to establish whether this has an impact on daytime symptoms. <http://www.cochrane.org/reviews/en/ab003002.html>

Long Term Change in Quality of Life after Adenotonsillectomy for Pediatric Obstructive Sleep Disorders Abstract

BACKGROUND: To study short-term and long-term changes in quality of life (QOL) in children before and after adenotonsillectomy (T&A) for obstructive sleep disorders (OSDs). **MATERIALS AND METHODS:** Prospective study of 20 children underwent T&A for OSDs at the University hospital of Ulm/Germany. **CONCLUSION:** Children with suspicious OSDs demonstrate significant short term and long-term improvement in the Brouillette-Score and OSA-18 survey. Caregivers perceive a long-term improvement for a minimum of one year in QOL after T&A for OSDs, although these improvements are not uniform across all domains of the OSA-18 survey. Use of the Brouillette-Score and the OSA-18 survey should decrease the need for polysomnographic monitoring and facilitate selection of children for T&A, whereas the OSA-18 questionnaire permits the more differentiated finding. <http://www.docguide.com/news/content.nsf/WebSearchFrameSet?OpenForm&dt=g&id=91630927A614FC59852570CE0053FB7F&Query=sleep&ref=http://www.docguide.com/news/content.nsf/channel?OpenForm&dt=g&id=91630927A614FC59852570CE0053FB7F&c=Sleep%20Apnoea&u=goto//www.ncbi.nlm.nih.gov/entrez/query.fcgi?dispmax=50&db=PubMed&cmd=Search&term=sleep&doptcmdl=Citation>

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?dispmax=50&db=PubMed&cmd=Search&term=sleep&doptcmdl=Citation>

Coffee being used to calm kids

Forget the apple-a-day cliché. A daily cup of coffee or tea — even for kids — could be just what the doctor ordered to treat attention deficit and hyperactivity disorder. “I suggest drinking iced tea, black tea for improving the effects of medications,” said McAllen pediatric neurologist Dr. Leonardo Garcia. “I prescribe it in very small amounts, specific amounts for each child, and that’s the same thing with medicines.” “Caffeine in the brain enhances transmissions of (the chemical) dopamine and that has an effect of increasing concentration and focus, probably for everybody to some degree,” he said.

<http://www.themonitor.com/SiteProcessor.cfm?Template=/GlobalTemplates/Details.cfm&StoryID=12766&Section=Local>