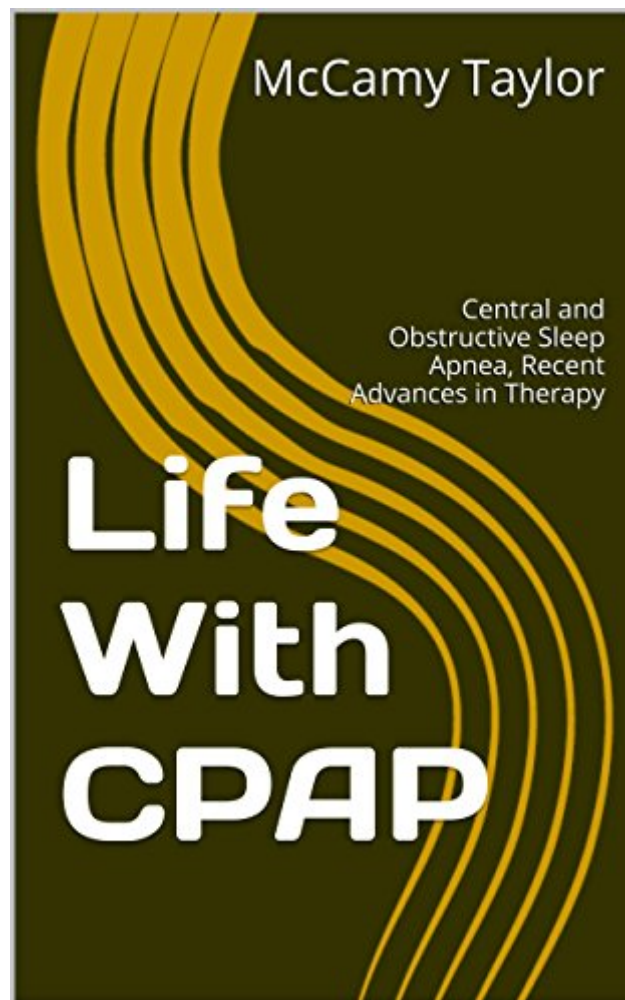




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Life With CPAP: Central And Obstructive Sleep Apnea, Recent Advances In Therapy



Synopsis

A follow up to "Life After CPAP" and "Life Without CPAP." Are you one of the 8 out of 100 Americans over the age of 40 who has unrecognized sleep apnea? Your health could depend upon the answer to that question. There are two kinds of sleep apnea, the more common (though still under-recognized and commonly missed) Obstructive Sleep Apnea and the less common and even more challenging to treat, Central Sleep Apnea. In "Life After CPAP" the author described her own experience with OSA. Failure to recognize this common health condition led her to retire from medical practice at the age of 39. After several years of misdiagnosis, she was finally found to have OSA. But her problems did not stop there. CPAP therapy, which is the gold standard treatment for sleep apnea, failed her, and she was forced to come up with her own medical regimen, in the process learning more about sleep disorders than she had ever learned in medical school or residency training. For sleep apnea was and still is the most commonly misdiagnosed common medical condition in the country, with up to 10% of adults over 40 suffering from it, but only a small fraction ever getting a correct diagnosis or treatment. CPAP did not work for Dr. Taylor. But over a decade later, her husband was diagnosed with combination OSA and central sleep apnea. In his case CPAP---or rather a particular type of noninvasive ventilation called Auto Serve Ventilation (ASV) worked wonders, controlling his disease with little to no side effects. Find out about recent advances in CPAP therapy which make it easier to use and more effective for people suffering from a variety of sleep disorders. Dr. Taylor also discusses the differences between obstructive and central sleep apnea, including the different treatment strategies for the two disorders which have the same symptoms but very different causes. In addition, she goes over recent advances in the treatment of sleep apnea, and critiques the medical profession, which continues to be "blind" to sleep apnea in almost everyone except the morbidly obese. Until the public learns to recognize the symptoms and signs of sleep disorders and the medical profession learns the many different presentations of sleep apnea, Americans will continue to suffer needlessly from a treatable disorder. Migraine headaches, chronic fatigue, chronic pain, congestive heart failure, dementia, stroke, erectile dysfunction, hypertension, diabetes---these are just some of the chronic medical problems that can be difficult to control if a sleep disorder is missed.

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