

BUSINESS BIO

Sleep & Breathing Disorders Clinic

To meet a growing need for comprehensive testing and treatment of sleep and breathing disorders in Putnam and the surrounding community, Putnam Community Medical Center is pleased to announce the opening of the Sleep and Breathing Disorders Clinic.

Located inside PCMC, the Sleep and Breathing Disorders Clinic is the only in-hospital facility in the area. The clinic features state-of-the-art diagnostic equipment from Cadwell Laboratories, advanced therapeutic equipment from ResMed Respiratory Solutions and two completely new patient rooms. The rooms are scientifically designed to be conducive to sleep and staff are board registered technologists having received training at one of the top teaching and research hospitals in the southeastern United States.

According to Kimberly Moore, Director of Cardiopulmonary Services, at least 12 million people in the United States have sleep apnea. However, many still do not have their sleep apnea diagnosed, so the number is actually higher.

"Symptoms can include excessive daytime sleepiness, waking un-refreshed, morning or night headaches as well as the classic symptoms your significant other might have noticed such as loud snoring, nighttime choking or gasping noises and even episodes of not breathing," she said.

"If you or someone you live with have noticed these symptoms its time to see if you have sleep apnea so proper treatment can be rendered. Sleep apnea prevents your body from getting the right amount of oxygen and can lead to other problems such as high blood pressure and heart disease, and can raise the risk of having a stroke," she added.

While many sleep labs offer testing and therapeutic intervention for Obstructive Sleep Apnea (OSA), the Sleeping and Breathing Disorders Clinic at PCMC is one of only a select



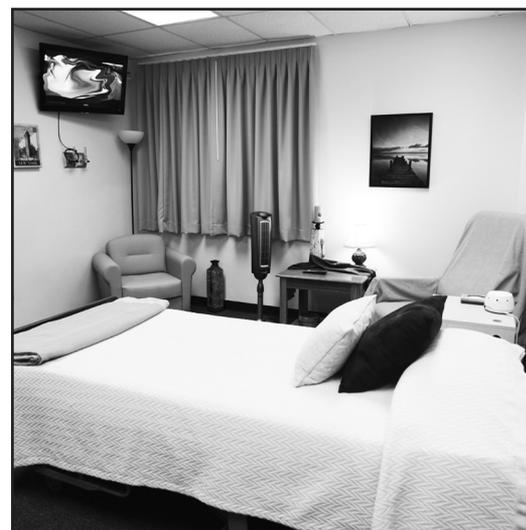
Above: In one of two current sleep rooms, Director of Cardiopulmonary Services Kimberly Moore and board registered technologist Willard Revels ensure receive a home-like experience during testing. **Right:** Patients have a private room complete with private bathroom and television. **Bottom:** Located at PCMC, the Sleep and Breathing Disorder Clinic has board registered technologists and uses the latest techniques in treating sleep apnea as well as other breathing disorders.

few facilities in Florida to offer comprehensive testing and therapy for an extensive list of sleep disorders, as well as sleep disordered breathing to include OSA, but also for Primary Central Sleep Apnea, Complex Sleep Apnea, Cheyne-Stokes Respiration, Hypoventilation Syndrome, and Severe Chronic Obstructive Pulmonary Disease (COPD).

Additionally, the Sleep and Breathing Disorders Clinic will be able to assist those suffering from Cheyne-Stokes Respiration. Cheyne-stokes respiration is an abnormal pattern of breathing which occurs in patients with congestive heart failure, neurological diseases, and central sleep apnea.

New therapies for treating this condition are in use in Europe, but only recently were approved by the FDA and have been largely unavailable in most areas of Florida. PCMC is pleased to be able to offer treatments at the new facility using both the Adaptive Servo-Ventilator for treatment of CHF and Stroke patients suffering from Cheyne-Stokes Respiration, as well as, the Intelligent Volume Assured Pressure Support Respiratory Assist Device for treatment of patients with severe COPD. These treatments are available exclusively in Putnam at PCMC.

Patients participating at the clinic have the comfort of knowing they are being cared for by board registered technologists with all of



the medical support of the hospital including a physician on-site 24 hours. The staff have taken extra precautions to ensure the rooms are tranquil, feeling more like home than at a medical facility. Each private room includes a private bathroom and vehicles can be left in our security-patrolled parking lot.

In deciding where to go for comprehensive testing and treatment for sleep and breathing disorders, there are excellent reasons to choose the only in-hospital sleep center in the tri-county area. Contact your referring physician today for better sleep tomorrow. To schedule your testing call 386-328-4225.

