



Nightly Newzzz

The Sleep Apnea Newsletter

November 2012

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Our goal is to provide you with information on sleep apnea and to help you and your family better understand sleep apnea.

We can be reached at (306) 343-9511 or www.sk.lung.ca.



Laff Lines. . .

Ever wonder...

Why you never see the headline:
'Psychic Wins Lottery'?

Sleep Apnea and Cancer

Information about the long-term effects of disease is usually found by following people for many years. In sleep apnea, one of the more important long-term studies is the Wisconsin Sleep Cohort. This study began in 1988, giving researchers almost 23 years of data.

In July 2012, the researchers published information on the possible link between sleep apnea and cancer.¹ Low oxygen levels have been proven to make cancer tumours grow, spread and be resistant to treatment. The question on the researchers' mind was: "Could sleep apnea have a link to cancer?"

The answer is yes. This is especially true for people with severe sleep apnea (over 30 events per hour). The study found that people with severe sleep apnea were eight times more likely to die from cancer. This was true even after taking into account other risks for cancer such as age, sex, weight and smoking history.

The researchers hope that this information will encourage physicians treating cancer patients to look for other conditions such as sleep apnea. Treating sleep apnea may improve survival in cancer patients.

1. Nieto et al, *Sleep-Disordered Breathing and Cancer Mortality: Am J Respir Crit Care Med. Vol 186, No 2, July 15, 2012, pp 190-194.*

The Nightly Newzzz is changing!

Beginning with the next edition, our newsletter will change to include information about sleep apnea and also other lung diseases.

We will also use the newsletter to inform you about the activities of the Lung Association of Saskatchewan.

Notices about upcoming Sleep Apnea Support Group meetings will still be included in the newsletter.

We hope that the new format will meet the needs of everyone.

Saskatchewan Research

Dr. Regina Taylor-Gjevre is a specialist in adult rheumatology in Saskatoon and associate professor of medicine at the University of Saskatchewan. She has published several studies looking at the role of sleep disturbances in patients with rheumatoid arthritis (RA).

Lack of proper sleep, pain and fatigue are problems for people who suffer from RA. Dr. Taylor-Gjevre has found that restless leg syndrome and sleep apnea are both common in her patients. She recommends that patients with RA be screened for both. Treating these conditions can help patients deal with their pain and fatigue.

Breast Cancer Linked to Working Night Shift

Two studies published this summer have found that women who work night shift have an increased risk of developing breast cancer.

Researchers in Denmark¹ studied women in the Danish army who had worked night shift. After taking into account other risks for breast cancer, working night shift was associated with a 40% increase in breast cancer risk. The most surprising fact was that night shift workers who were 'morning people', who liked to get up early, had a four times greater risk of breast cancer than women who worked during the day.

A French study² found the same effect of night shift on women. In this study, the risk of developing breast cancer was 30% higher in women who worked at night.

1. Hansen J, Lassen CF, Nested case-control study of night shift work and breast cancer risk among women in the Danish military *Occup Environ Med*: May 29, 2012.
2. Menegaux et al, Night work and breast cancer: A population-based case-control study in France (the CECILE study): *International Journal of Cancer*: June 26, 2012.

Flu Facts

- The flu shot is recommended every year for most people over the age of 6 months.
- The most common symptoms of the flu are fever, cough and headache.
- The 2009 H1N1 flu pandemic officially caused 428 deaths in Canada, a large increase from 2008 when 77 deaths were recorded.
- One hundred years ago, infectious diseases were the leading cause of death worldwide.
- There were three pandemic outbreaks of flu in the 20th century: 1918, 1957 and 1968.
- Flu germs can survive for up to 48 hours on some surfaces.
- People at high risk for complications of influenza include: pregnant women, people who are morbidly obese, adults older than 65, adults and children with chronic illness includes heart and lung disease and diabetes, residents of nursing homes and young children.

Highlights from the Support Group Meetings

The managers of the sleep labs in Regina and Saskatoon, Tracey Murphy and Scott McCrae, spoke about the services they provide in the sleep lab.

There is a problem of long waiting lists in both cities, but the staff members are working hard to serve as many people as possible. Staff at both centers are willing to help people who may be having problems using their CPAP therapy.

Join us at the Next Support Group Meeting

Our guest speaker in Regina will be Amanda Wenger, who will speak about stroke prevention and the connection between sleep apnea and strokes.

A request has been made to have information about Complex Sleep Apnea at the Saskatoon Support Group meeting. A speaker has yet to be determined; however, this subject will be addressed.

Regina Sleep Apnea Support Group Meeting

Topic:

Sleep Apnea and Stroke

Guest Speaker:

Amanda Wenger, RN, BScN
Clinical Stroke Coordinator
Stroke Prevention and Management Office

Wednesday

November 21

7:00 – 9:00 p.m.

Southland Mall

Pulmonary Rehab Room

(across from Safeway)

Regina, SK

Please call Marion at the Lung Association for more information at 343-9511 or 1-888-566-LUNG.

Sleep Apnea Facts

- The global sleep apnea devices market was valued at \$7.96 billion in the year 2011 and is expected to reach \$19.72 billion by the year 2017.
- American Academy of Paediatrics recommends that all children/adolescents should be screened for snoring.
- Up to half of children diagnosed with Attention Deficit Disorder have their symptoms resolved following treatment for sleep apnea.
- The number of children with sleep apnea in Saskatchewan is estimated to be between 4000 and 11,000.
- An estimated 858,900 (3%) Canadian adults 18 years and older reported being told by a health professional that they have sleep apnea.
- In a recent survey by the Public Health Agency of Canada, 25% of adults reporting sleep apnea rated their general health as fair or poor compared to 11% in the general population.

Classified Ads

- ResMed Sullivan Humidaire heated humidifier in great condition for sale. Asking \$150.00 or best offer. Please contact Robert in Regina at 565-2579. He can also be reached by email at viking7_2008@yahoo.ca.
- EverGo portable oxygen concentrator and humidifier used only 6 months. Also ResMed 2i humidifier for CPAP machine, one year old. Call Helen in Moose Jaw at 692-0193.
- ResMed 5i humidifier and tubing for sale. Call Ali in Saskatoon at 652-8249.
- EverGo portable oxygen concentrator with both electric and car battery chargers. Also nebulizer used about two months. Call Annette in Regina at 546-0346.
- Oxygen concentrator used for only 10 months and a nebulizer that was never used for sale. Call Marilyn in Unity 701-205-3535.
- EverGo portable oxygen concentrator for sale. Call Ed in Saskatoon at 979-7884.
- ResMed Ultra Mirage II nasal mask, headgear tubing and filters for sale. Interested? Call Sharon in Regina at 545-6357.

The Lung Association of Saskatchewan is not responsible for any product purchased through ads in the Nightly Newzz.

Christmas Seals

Since 1908, Canadians have made a difference in the lives of people with lung disease by supporting the Christmas Seal program. The first Christmas Seals originated in 1903 when a postmaster named Einar Holboell in Copenhagen, Denmark was inspired to create the stamps to help children with tuberculosis (TB).

By 1908, the campaign had reached Canada. Interested people in Toronto and Hamilton began Christmas Seal campaigns to build and support sanatoria, as TB hospitals were called back then.

In 1927, it was agreed that the Christmas Seal campaign was to be the official method for tuberculosis associations to appeal to the public for funds. A national seal was established.

Today, Christmas Seals are an essential fundraiser for The Lung Association nation-wide. The money raised is used to support world-class research, programs and services.

Saskatoon Sleep Apnea Support Group Meeting

Topic:

Complex Sleep Apnea

Guest Speaker:

TBA

Wednesday

November 14

7:00 – 9:00 p.m.

Rependa Centre Auditorium
Saskatoon City Hospital
701 Queen Street
Saskatoon, SK

Please call Marion at the Lung Association for more information at 343-9511 or 1-888-566-LUNG

If you would like an electronic version of this newsletter, please contact us at info@sk.lung.ca.

If you wish to make a donation to support our services, please call 1-888-566-LUNG (5864) or you can donate online at www.sk.lung.ca.