



BEDPOST Newsletter

New Royal Gwent Sleep Unit to be named.

Following the closure of the newly refurbished sleep centre at St Woolos, the Aneuren Bevan Healthcare Trust has identified larger more suitable accommodation within the Royal Gwent. There will be room for six beds, administration and a stand-alone shower and toilet room. It is to be located within the main hospital complex on the Respiratory Ward. Once finalised and the Centre is completed there will be an official opening ceremony when it will be named and dedicated to Roger Paterson our founding Secretary.

Welcome

Welcome to the new first e.edition “Bedpost”. We hope you like the new format. If you have any views, articles or any comments please let us know.

Regards Ed

Contact us



Professor Mary Morrell made Honorary Member of the WSAS

Mary Morrell is Professor of Sleep and Respiratory Physiology at the National Heart and Lung Institute, Imperial College London and it was with great pleasure that the Welsh SAS listened to her presentation entitled “Is Sleep Apnoea a part of getting older?” at the recent AGM held at the Postgraduate Centre Newport in October.

It had previously been agreed that Professor Morrell would be made an Honorary Member of the Welsh SAS and it was with great pleasure that our Chairman Mr. Trevor Turner MBE presented her with a certificate and a bottle of Champagne in recognition of her support and contribution to the Society and fellow Apnoea sufferers.



Why not join and give us
your support - Contact
Mike Bevan Membership Secretary
michael@mbevan2.wanadoo.co.uk
01934 613385

The WSAS NEEDS YOU!

The Welsh Sleep Apnoea Society's aim is to give an insight on what sleep apnoea is, what the symptoms are, and where to turn to for help. It is the aim of the Welsh Sleep Apnoea Society to promote the understanding of breathing and sleep disorders.



Dr. Mellissa Hack
President Welsh SAS

News from the Medics

In Elderly Patients CPAP Decreases Cardiovascular Mortality

Continuous positive airway pressure (CPAP) effectively decreases the risk of cardiovascular death in elderly patients who suffer from **obstructive sleep apnoea** (OSA), according to a study conducted by researchers in Spain. The study is the first large-scale study to assess the impact of OSA and the effectiveness of CPAP treatment in cardiovascular mortality in the elderly.

The findings were presented at the ATS 2011 International Conference in Denver.

"Our study offers two key conclusions," said Miguel Angel Martinez-Garcia, MD, study lead author pneumonologist at the Hospital General de Requena in Valencia, Spain. "First, with younger patients, elderly patients with severe, untreated sleep apnea have a higher cardiovascular mortality than those with mild to moderate disease or those without sleep apnea; and second, treatment with CPAP can reduce cardiovascular mortality in elderly OSA patients to levels similar to those found in patients without disease or with mild to moderate sleep apnoea."

Article courtesy of Medical News American Thoracic

Well Done Chris

The Society is indebted to Chris Lee who has again undertaken a charity-boxing match at Pill Millennium Centre in Newport on Friday 21st January 2011.

A bumper crowd, including his work colleagues, family and friends, attended the evening. Chris is grateful for the support of Trevor our Chairman. A total of almost £700 was raised for the Welsh SAS.

Well done and thank you Chris.

Welsh SAS invited to talk on BBC Wales Jamie & Louise Programme

The WSAS were invited to appear live on the popular Radio Wales “Jamie and Louise” programme on the 8th April to talk about Sleep Apnoea in their Sleep Disorder series. Peter Morgan WSAS member gave his experiences as a patient with sleep apnoea. Although the air-time was only about 8 minutes for Peter, he was able to include a mention about the WSAS Helpline and activities.

The BBC continued to “Give us a Plug” during the morning transmission. It was certainly good exposure for the WSAS and Peter also enjoyed the experience. Indeed the “WSAS Helpline” received two calls later that day.

Voluntary Sector Awareness

Peter Morgan and Ken Merriott attended a voluntary sector awareness day that took place at Penalta House Caerphilly County Borough Council’s headquarters on Saturday 22nd October.

Some 80 different organisations including the Welsh SAS came along to showcase their services alongside radio and television broadcaster Ray Noble who made a guest appearance at the event.

Cllr Lindsay Whittle Leader of the Council (who visited the stand together with the Mayor of Caerphilly) said “It was an absolute pleasure to have the opportunity to learn a little more about the commendable work of the voluntary sector organisations so tirelessly in our communities at the One Beat event.”

Some 20 people came to the WSAS stand and were confronted with “Do you Snore?” and requested to complete the Epworth Scale. Some interesting responses were received and one person had a score of 23 and was strongly advised to see a GP.

Buy your own CPAP

Newsflash The WelshSAS have been made an exclusive and very beneficial special



An Exclusive Offer from Respironics Ltd. Anyone wishing to purchase a CPAP machine privately from the Respironics range can now make a direct saving of 27.5% off list price. The only requisite is that you must be a member of the Welsh SAS. For further info please [contact us.](#)



Vacuum Cleaner as CPAP!!!!

Before 1981, if you had severe sleep apnoea the only treatment was a tracheotomy: a hole was cut in your throat to bypass the collapsed airway! We've come a long way since then.

In 1979, Dr Colin Sullivan began studying five of his patients at the Royal Prince Alfred Hospital in Sydney. They were all heavy snorers and they suffered from excessive daytime sleepiness.

Two had lost their jobs as a result of falling asleep at work and one was a 13-year-old boy unable to stay awake at school and labeled as having learning difficulties. Dr Sullivan noticed that all of his patients stopped breathing in their sleep.

He had the idea that he could use air to splint open the airway. He connected a reversed vacuum cleaner via tubing to the patient's nose and was able to show that 'continuous positive airway pressure completely prevented the upper airway occlusion in each of the five patients.

Dr Colin Sullivan had invented CPAP! Early on, masks were made by first taking a plaster cast of each patient's nose. The masks were then glued onto the face. The very earliest machine used in clinic at the RPA was a paint compressor with the motors reversed, with thick white tubing, which was pool tubing. It could deliver a pressure of anywhere between 4 and 20cm H₂O and had tremendous turbulence which made breathing out very difficult. Dr Sullivan patented his CPAP as a treatment for sleep apnoea in 1981 but it wasn't until 1987 that he demonstrated his CPAP machine for Peter Farrell, who had just set up a high tech medical company's Research and Development facility in Japan. Farrell was amazed and saw the potential for extending and improving the lives of sufferers beyond their wildest (troubled) dreams. ResCare, which later became ResMed, was formed in 1989. **A tracheotomy is no longer the only solution!**

Article reproduced courtesy of ResMed Sleep Matters

History of CPAP

Committee

- Trevor Turner MBE (Chairman) 01873 852567**
- Angela Parry MBE Secretary 02920 252993**
- Ken Merriott Treasurer 01443 858584**
- Mike Bevan Membership Secretary 01934 613385**
- Jeanette Richards Specialist Nurse 01633 656321**



Helpline

If you are worried about Sleep Apnoea, having trouble with CPAP machines, need advice or reassurance, please ring one of the volunteers. You will receive friendly advice from fellow sufferers with a wealth of experience and information
No medical advice will be offered

Honorary President: Dr Melissa Hack, BSc (Hons) MBBS, FRCP Lead Respiratory Consultant Royal Gwent Hospital and Gwent Sleep Centre. Honorary Senior Lecturer in Sleep Medicine, University of Wales.

Peter Morgan
01633 411771

Angela Parry
02920 252993

Wishing all our Members, Readers and Families a Happy Christmas and a Healthy Prosperous New Year

Dates of Committee Meetings for 2012

Held at the Boardroom St Woolos starting at 4 pm. All members welcome to attend.

14th March

16th May

11th July

12th September

13th October AGM



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