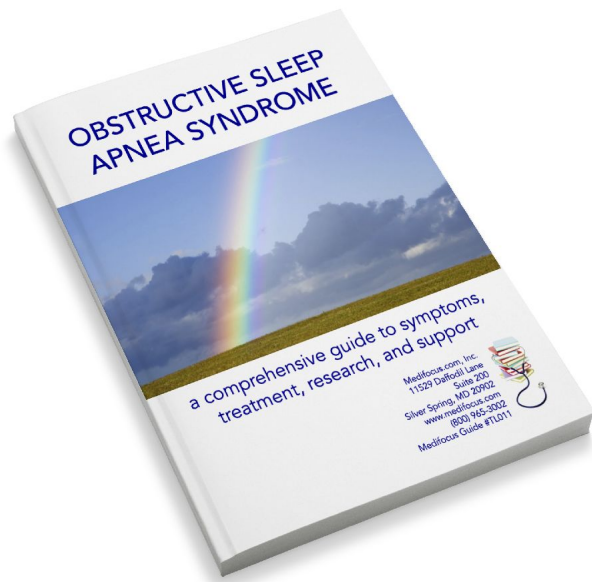


## Preview of the Medifocus Guidebook on: Obstructive Sleep Apnea Syndrome

Updated April 11, 2010



This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Obstructive Sleep Apnea Syndrome**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

To purchase the COMPLETE Medifocus Guidebook on Obstructive Sleep Apnea Syndrome (106 pages; Updated April 11, 2010), please:

- Call us at:
  - 800-965-3002 (United States)
  - 301-649-9300 (Outside the United States)
- Order online through our website:
  - **Printed Version**
    - Mailed to you and bound for easy reading.
    - Includes free online access to the electronic guidebook for one full year.

Purchase Printed Guidebook

- **Electronic Version**
  - Adobe PDF document that can be viewed or printed on any computer
  - Online updates are included for one full year.

Purchase Electronic Guidebook

# Table of Contents

<b>Background Information</b> .....	8
Introduction .....	8
About Your Medifocus Guidebook .....	10
Ordering Full-Text Articles .....	13
<b>The Intelligent Patient Overview</b> .....	15
<b>Guide to the Medical Literature</b> .....	30
Introduction .....	30
Recent Literature: What Your Doctor Reads .....	31
Review Articles .....	31
General Interest Articles .....	42
Surgical Therapy Articles .....	55
Clinical Trials Articles .....	60
Oral Appliance Therapy Articles .....	67
Continuous Positive Airway Pressure Articles .....	69
<b>Centers of Research</b> .....	72
United States .....	74
Other Countries .....	85
<b>Tips on Finding and Choosing a Doctor</b> .....	94
<b>Directory of Organizations</b> .....	100

# 1 - Background Information

## Introduction

Chronic or life-threatening illnesses can have a devastating impact on both the patient and the family. In today's new world of medicine, many consumers have come to realize that they are the ones who are primarily responsible for their own health care as well as for the health care of their loved ones.

When facing a chronic or life-threatening illness, you need to become an educated consumer in order to make an informed health care decision. Essentially that means finding out everything about the illness - the treatment options, the doctors, and the hospitals - so that you can become an educated health care consumer and make the tough decisions. In the past, consumers would go to a library and read everything available about a particular illness or medical condition. In today's world, many turn to the Internet for their medical information needs.

The first sites visited are usually the well known health "portals" or disease organizations and support groups which contain a general overview of the condition for the layperson. That's a good start but soon all of the basic information is exhausted and the need for more advanced information still exists. What are the latest "cutting-edge" treatment options? What are the results of the most up-to-date clinical trials? Who are the most notable experts? Where are the top-ranked medical institutions and hospitals?

The best source for authoritative medical information in the United States is the National Library of Medicine's medical database called PubMed®, that indexes citations and abstracts (brief summaries) of over 7 million articles from more than 3,800 medical journals published worldwide. PubMed® was developed for medical professionals and is the primary source utilized by health care providers for keeping up with the latest advances in clinical medicine.

A typical PubMed® search for a specific disease or condition, however, usually retrieves hundreds or even thousands of "hits" of journal article citations. That's an avalanche of information that needs to be evaluated and transformed into truly useful knowledge. What are the most relevant journal articles? Which ones apply to your specific situation? Which articles are considered to be the most authoritative - the ones your physician would rely on in making clinical decisions? This is where *Medifocus.com* provides an effective solution.

*Medifocus.com* has developed an extensive library of *MediFocus Guidebooks* covering a wide spectrum of chronic and life threatening diseases. Each *MediFocus Guidebook* is a

high quality, up- to-date digest of "professional-level" medical information consisting of the most relevant citations and abstracts of journal articles published in authoritative, trustworthy medical journals. This information represents the latest advances known to modern medicine for the treatment and management of the condition, including published results from clinical trials. Each *Guidebook* also includes a valuable index of leading authors and medical institutions as well as a directory of disease organizations and support groups. *MediFocus Guidebooks* are reviewed, revised and updated every 4-months to ensure that you receive the latest and most up-to-date information about the specific condition.

## About Your MediFocus Guidebook

### ***Introduction***

Your *MediFocus Guidebook* is a valuable resource that represents a comprehensive synthesis of the most up-to-date, advanced medical information published about the condition in well-respected, trustworthy medical journals. It is the same type of professional-level information used by physicians and other health-care professionals to keep abreast of the latest developments in biomedical research and clinical medicine. The *Guidebook* is intended for patients who have a need for more advanced, in-depth medical information than is generally available to consumers from a variety of other resources. The primary goal of a *MediFocus Guidebook* is to educate patients and their families about their treatment options so that they can make informed health-care decisions and become active participants in the medical decision making process.

The *Guidebook* production process involves a team of professionals with expertise in diverse areas including experienced medical database researchers and practicing physicians who serve as members of the *Medifocus.com* Medical Advisory Board (MAB). This team approach to the development and production of the *MediFocus Guidebooks* is designed to ensure the accuracy, completeness, and clinical relevance of the information. The *Guidebook* is intended to serve as a basis for more meaningful discussions between patients and their health-care providers in a joint effort to seek the most appropriate course of treatment for the disease.

### ***Guidebook Organization and Content***

#### **Section 1 - Background Information**

This section provides detailed information about the organization and content of the *Guidebook* including tips and suggestions for conducting additional research about the condition.

#### **Section 2 - The Intelligent Patient Overview**

This section of your *MediFocus Guidebook* represents a detailed overview of the disease or condition specifically written from the patient's perspective. It is designed to satisfy the basic informational needs of consumers and their families who are confronted with the illness and are facing difficult choices. Important aspects which are addressed in "The Intelligent Patient" section include:

- The etiology or cause of the disease
- Signs and symptoms
- How the condition is diagnosed
- The current standard of care for the disease

- Treatment options
- New developments
- Important questions to ask your health care provider

### **Section 3 - Guide to the Medical Literature**

This is a roadmap to important and up-to-date medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest developments and breakthroughs in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new clinical developments, and advances in research. To facilitate your review and analysis of this information, the articles are grouped by specific categories. A typical *MediFocus Guidebook* usually contains one or more of the following article groupings:

- *Review Articles*: Articles included in this category are broad in scope and are intended to provide the reader with a detailed overview of the condition including such important aspects as its cause, diagnosis, treatment, and new advances.
- *General Interest Articles*: These articles are broad in scope and contain supplementary information about the condition that may be of interest to select groups of patients.
- *Drug Therapy*: Articles that provide information about the effectiveness of specific drugs or other biological agents for the treatment of the condition.
- *Surgical Therapy*: Articles that provide information about specific surgical treatments for the condition.
- *Clinical Trials*: Articles in this category summarize studies which compare the safety and efficacy of a new, experimental treatment modality to currently available standard treatments for the condition. In many cases, clinical trials represent the latest advances in the field and may be considered as being on the "cutting edge" of medicine. Some of these experimental treatments may have already been incorporated into clinical practice.

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Article title
- Author Name(s)
- Institution where the study was done

- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

*Linking to Abstracts:* Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the corresponding URL address that is provided for each cited article. If you purchased a printed copy of a *MediFocus Guidebook*, you can still access the article abstracts online by entering the individual URL address for a particular article into your web browser.

## **Section 4 - Centers of Research**

We've compiled a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of the specific medical condition. The "Centers of Research" directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of the condition.

Inclusion of the names of specific doctors, researchers, hospitals, medical centers, or research institutions in this *Guidebook* does not imply endorsement by Medifocus.com, Inc. or any of its affiliates. Consumers are encouraged to conduct additional research to identify health-care professionals, hospitals, and medical institutions with expertise in providing specific medical advice, guidance, and treatment for this condition.

## **Section 5 - Tips on Finding and Choosing a Doctor**

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver high-level, quality medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it. This section of your *Guidebook* offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

## **Section 6 - Directory of Organizations**

This section of your *Guidebook* is a directory of select disease organizations and support groups that are in the business of helping patients and their families by providing access to information, resources, and services. Many of these organizations can answer your questions, enable you to network with other patients, and help you find a doctor in your geographical area who specializes in managing your condition.

## 2 - The Intelligent Patient Overview

# OBSTRUCTIVE SLEEP APNEA SYNDROME

### Introduction to Obstructive Sleep Apnea Syndrome

Obstructive sleep apnea syndrome (OSAS) is a syndrome that belongs to a group of disorders known as *sleep-related breathing disorders* (SRBDs). In addition to OSAS, other examples of major SRBDs include:

- Central sleep apnea - a rare central nervous disorder in which the brain fails to send out a normal message to initiate breathing to the muscles that are used for respiration.
- Obesity hypoventilation syndrome - a syndrome related to obesity where a person does not obtain a sufficient amount of oxygen when breathing.

Obstructive sleep apnea syndrome may be defined as a cessation of breathing characterized by repetitive episodes of airway obstruction caused by collapse of the upper airway during sleep. Although originally described more than 100 years ago, OSAS remained an obscure and most undiagnosed condition until modern times. Advances in a specialized area of medicine known as *sleep medicine* in the 1970s led to increased research interest and far more awareness about OSAS among both doctors and patients.

In patients with *obstructive sleep apnea syndrome*, the duration of episodes of *apnea* (cessation of breathing) lasts for 10 seconds or longer and occurs a minimum of 5 times during a specific interval of sleep. Another closely related sleep breathing disorder is known as *obstructive sleep hypopnea syndrome*. Patients with *obstructive sleep hypopnea syndrome* have a minimum of 5 episodes of at least a 30% reduction in airflow during sleep that last for 10 seconds or longer but they do not experience episodes of total breathing cessation (apnea) during sleep. Although these episodes of "apnea" and "hypopnea" can be detected and differentiated by *polysomnography* (sleep test), from a clinical perspective, the underlying causes, signs and symptoms, diagnostic "work-up" and treatment is essentially the same. The term *obstructive sleep apnea-hypopnea syndrome* is, therefore, commonly used in the medical literature to encompass both of these disorders.

Classic features of patients with obstructive sleep apnea-hypopnea syndrome include:

- Excessive daytime sleepiness
- Loud snoring during sleep

- Fatigue
- Obesity or overweight

## ***Epidemiology of Obstructive Sleep Apnea Syndrome***

It has been estimated that approximately 5% of adults in Western cultures suffer with obstructive sleep apnea syndrome (OSAS). Data from the Wisconsin Sleep Cohort study suggested that the prevalence of OSAS was twice as high in men (4%) as compared to women (2%). The reasons for these differences, however, is not clear. The prevalence of OSAS appears to be the similar between Caucasians and African Americans.

It is important to note, however, that estimates regarding the prevalence of OSAS vary widely in the medical literature primarily because the disease is estimated to be undiagnosed in up to 75% of patients. The actual prevalence of OSAS in the general population is, therefore, considerably higher than the numbers generally reported in the medical literature.

## ***What Causes Obstructive Sleep Apnea Syndrome?***

Despite extensive research beginning in the 1970s, doctors still do not have a complete understanding as to why people develop obstructive sleep apnea syndrome (OSAS). Although the primary mechanism leading to OSAS is a repetitive narrowing of the upper airway during sleep, exactly what triggers the narrowing and collapse of the upper airway is currently not well understood. Based on imaging studies which have demonstrated that patients with OSAS usually have a smaller upper airway than people without OSAS, a prevalent theory is that anatomical variations in the size and structure of the upper airway may predispose some people to developing OSAS.

## ***Risk Factors for Obstructive Sleep Apnea Syndrome***

A *risk factor* is anything that increases the likelihood of a person developing a disease or condition. Over the years, doctors have identified several risk factors that may predispose people for developing obstructive sleep apnea syndrome (OSAS). These risk factors include:

- Anatomical variations - People with smaller upper airways due to anatomical variations are at increased risk for developing OSAS.
- Gender - For reasons that are not clear, the risk for developing OSAS is about twice as high for men (4%) as women (2%).
- Menopause - For reasons that are unclear (but may be related to hormonal factors), postmenopausal women are at higher risk for developing OSAS than women who have not yet reached menopause.
- Age - In general, the prevalence of OSAS appears to increase with age and is higher in elderly people (up to age 65) than in middle-aged persons. Although OSAS also occurs in

children, precise prevalence data in children is currently lacking.

- **Body weight** - People who are overweight (10% or higher increase in body mass index) or obese are about 6 times more likely to develop OSAS than people who maintain normal body weight.
- **Smoking** - People who smoke are about 3 times more likely to develop OSAS compared to nonsmokers.
- **Snoring** - People who snore during sleep are more likely to develop OSAS compared to those who do not.
- **Nasal congestion** - People who experience nasal congestion during sleep are about twice as likely to develop OSAS compared to people without nasal congestion.

## ***Cardiovascular Diseases Associated with Obstructive Sleep Apnea Syndrome***

Research over the past few decades has suggested that there is a strong association between obstructive sleep apnea syndrome (OSAS) and cardiovascular diseases. Although definitive scientific evidence is currently lacking that OSAS actually causes cardiovascular disease, nevertheless, the data available to date strongly implies that there is an association between OSAS and certain cardiovascular disorders including:

- **Hypertension** - high blood pressure
- **Congestive heart failure** - accumulation of fluids in the lungs and other body tissues caused by insufficient pumping of blood by the heart muscles
- **Arrhythmias** - irregular heart beats (e.g., atrial fibrillation)
- **Stroke** - risk factor for people with hypertension
- **Angina pectoris** - chest pain that occurs in people with underlying coronary artery disease

The **Intelligent Patient Overview** in the complete **Medifocus Guidebook on Obstructive Sleep Apnea Syndrome** also includes the following additional sections:

- **Diagnosis of Obstructive Sleep Apnea Syndrome**
- **Treatment Options for Obstructive Sleep Apnea Syndrome**
- **Quality of Life Issues in Obstructive Sleep Apnea Syndrome**
- **Questions to Ask Your Doctor about Obstructive Sleep Apnea Syndrome**

To Order the Complete **Guidebook on Obstructive Sleep Apnea Syndrome** [Click Here](#)  
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

## 3 - Guide to the Medical Literature

### Introduction

This section of your *MediFocus Guidebook* is a comprehensive bibliography of important recent medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest advances in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new developments, and advances in research.

To facilitate your review and analysis of this information, the articles in this *MediFocus Guidebook* are grouped in the following categories:

- Review Articles - 42 Articles
- General Interest Articles - 42 Articles
- Surgical Therapy Articles - 14 Articles
- Clinical Trials Articles - 21 Articles
- Oral Appliance Therapy Articles - 5 Articles
- Continuous Positive Airway Pressure Articles - 7 Articles

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Title of the article
- Name of the authors
- Institution where the study was done
- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

**Linking to Abstracts:** Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the URI that is provided for each cited article. If you purchased a printed copy of the *MediFocus Guidebook*, you can still access the abstracts online by entering the individual URI for a particular abstract into your computer's web browser.

## Recent Literature: What Your Doctor Reads

Database: PubMed <January 2008 to April 2010>

### Review Articles

1.

#### **Interactions between obesity and obstructive sleep apnea: implications for treatment.**

**Authors:** Romero-Corral A; Caples SM; Lopez-Jimenez F; Somers VK  
**Institution:** Division of Cardiovascular Diseases, Department of Internal Medicine, Mayo Clinic College of Medicine, Mayo Foundation, Rochester, MN 55905, USA.  
**Journal:** Chest. 2010 Mar;137(3):711-9.  
**Abstract Link:** <http://www.medifocus.com/abstracts.php?gid=TL011&ID=20202954>

2.

#### **Epidemiology, risk factors, and consequences of obstructive sleep apnea and short sleep duration.**

**Authors:** Al Lawati NM; Patel SR; Ayas NT  
**Institution:** Respiratory Division, Department of Medicine, University of British Columbia, Vancouver, BC, Canada.  
**Journal:** Prog Cardiovasc Dis. 2009 Jan-Feb;51(4):285-93.  
**Abstract Link:** <http://www.medifocus.com/abstracts.php?gid=TL011&ID=19110130>

3.

#### **Cardiovascular complications of obstructive sleep apnea syndrome: evidence from children.**

**Authors:** Bhattacharjee R; Kheirandish-Goza L; Pillar G; Gozal D  
**Institution:** Kosair Children's Hospital Research Institute, Louisville, KY 40202, USA.  
**Journal:** Prog Cardiovasc Dis. 2009 Mar-Apr;51(5):416-33.  
**Abstract Link:** <http://www.medifocus.com/abstracts.php?gid=TL011&ID=19249448>

The **Guide to the Medical Literature** in the complete **Medifocus Guidebook on Obstructive Sleep Apnea Syndrome** includes the following sections:

- Review Articles - 42 Articles
- General Interest Articles - 42 Articles
- Surgical Therapy Articles - 14 Articles
- Clinical Trials Articles - 21 Articles
- Oral Appliance Therapy Articles - 5 Articles
- Continuous Positive Airway Pressure Articles - 7 Articles

To Order the Complete **Guidebook on Obstructive Sleep Apnea Syndrome** [Click Here](#)  
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

## 4 - Centers of Research

This section of your *MediFocus Guidebook* is a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition. The *Centers of Research* directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of this disorder.

Use the *Centers of Research* directory to contact, consult, or network with leading experts in the field and to locate a hospital or medical center that can help you.

The following information is provided in the *Centers of Research* directory:

- **Geographic Location**

- United States: the information is divided by individual states listed in alphabetical order. Not all states may be included.
- Other Countries: information is presented for select countries worldwide listed in alphabetical order. Not all countries may be included.

- **Names of Authors**

- Select names of individual authors (doctors, researchers, or other health-care professionals) with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition, who have recently published articles in leading medical journals about the condition.
- E-mail addresses for individual authors, if listed on their specific publications, is also provided.

- **Institutional Affiliations**

- Next to each individual author's name is their **institutional affiliation** (hospital, medical center, or research institution) where the study was conducted as listed in their publication(s).
- In many cases, information about the specific **department** within the medical institution where the individual author was located at the time the study was conducted is also provided.

## Centers of Research

### United States

#### ***AL - Alabama***

**Name of Author**

Lye KW

**Institutional Affiliation**

Department of Oral and Maxillofacial Surgery, School of Dentistry,  
University of Alabama, Birmingham, AL, USA.  
kokwenglye@yahoo.com

Wang D

Department of Oral and Maxillofacial Surgery, School of Dentistry,  
University of Alabama, Birmingham, AL, USA.  
kokwenglye@yahoo.com

#### ***CA - California***

**Name of Author**

Ali LK

**Institutional Affiliation**

UCLA Stroke Center, David Geffen School of Medicine at UCLA,  
UCLA Department of Neurology, Los Angeles, CA, USA.

Avidan AY

UCLA Stroke Center, David Geffen School of Medicine at UCLA,  
UCLA Department of Neurology, Los Angeles, CA, USA.

Loredo JS

Division of Pulmonary and Critical Care Medicine, University of  
California, San Diego School of Medicine, 9500 Gilman Drive, MC  
0804, San Diego, CA 92093-0804, USA.

Norman D

Division of Pulmonary and Critical Care Medicine, University of  
California, San Diego School of Medicine, 9500 Gilman Drive, MC  
0804, San Diego, CA 92093-0804, USA.

Strocker AM

Department of Otolaryngology, Children's Hospital Los Angeles,  
4650 Sunset Blvd., Mailstop #58, Los Angeles, CA 90027, USA.  
astrocker@chla.usc.edu

Wang MB

Department of Otolaryngology, Children's Hospital Los Angeles,  
4650 Sunset Blvd., Mailstop #58, Los Angeles, CA 90027, USA.  
astrocker@chla.usc.edu

The **Centers of Research** in the complete **Medifocus Guidebook on Obstructive Sleep Apnea Syndrome** includes the following sections:

- Centers of Research for relevant states in the United States
- Centers of Research listed for relevant countries outside the United States

To Order the Complete **Guidebook on Obstructive Sleep Apnea Syndrome** [Click Here](#)  
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

# 5 - Tips on Finding and Choosing a Doctor

## Introduction

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver a high level and quality of medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it.

The process of finding and choosing a physician to manage your specific illness or condition is, in some respects, analogous to the process of making a decision about whether or not to invest in a particular stock or mutual fund. After all, you wouldn't invest your hard earned money in a stock or mutual fund without first doing exhaustive research about the stock or fund's past performance, current financial status, and projected future earnings. More than likely you would spend a considerable amount of time and energy doing your own research and consulting with your stock broker before making an informed decision about investing. The same general principle applies to the process of finding and choosing a physician. Although the process requires a considerable investment in terms of both time and energy, the potential payoff can be well worth it--after all, what can be more important than your health and well-being?

This section of your Guidebook offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

## Tips for Finding Physicians

Finding a highly qualified, competent, and compassionate physician to manage your specific illness or condition takes a lot of hard work and energy but is an investment that is well-worth the effort. It is important to keep in mind that you are not looking for just any general physician but rather for a physician who has expertise in the treatment and management of your specific illness or condition. Here are some suggestions for where you can turn to identify and locate physicians who specialize in managing your disorder:

- **Your Doctor** - Your family physician (family medicine or internal medicine specialist) is a good starting point for finding a physician who specializes in your illness. Chances are that your doctor already knows several specialists in your geographic area who specialize in your illness and can recommend several names to you. Your doctor can also provide you with information about their qualifications, training, and hospital affiliations.

The **Tips on Finding and Choosing a Doctor** in the complete **Medifocus Guidebook on Obstructive Sleep Apnea Syndrome** includes additional information that will assist you in locating a highly qualified and competent physician to manage your specific illness.

To Order the Complete **Guidebook on Obstructive Sleep Apnea Syndrome** [Click Here](#)  
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

## 6 - Directory of Organizations

### **American Academy of Dental Sleep Medicine**

1 Westbrook Corporate Center Suite 920 Westchester, IL 60454  
708.273.9366

[info@dentalsleepmed.org](mailto:info@dentalsleepmed.org)

[www.dentalsleepmed.org](http://www.dentalsleepmed.org)

### **American Academy of Otolaryngology - Head & Neck Surgery**

1650 Diagonal Road, Alexandria, VA 22314-2857  
703.836.4444

[www.entnet.org](http://www.entnet.org)

### **American Academy of Sleep Medicine**

1 Westbrook Corporate Center Suite 920 Westchester, IL 60154  
708.492.0930

[www.aasmnet.org](http://www.aasmnet.org)

### **American Association for Respiratory Care**

9425 N. MacArthur Blvd. Suite 100 Irving, TX 75063-4706  
972.243.2272

[info@aacrc.org](mailto:info@aacrc.org)

[www.aarc.org](http://www.aarc.org)

### **American Sleep Apnea Association**

6856 Eastern Avenue, NW, Suite 203, Washington, DC 20012  
202.293.3650

[www.sleepapnea.org](http://www.sleepapnea.org)

### **American Sleep Association**

110 W. Ninth Street Suite#826 Wilmington, DE 19801  
502-868-1100

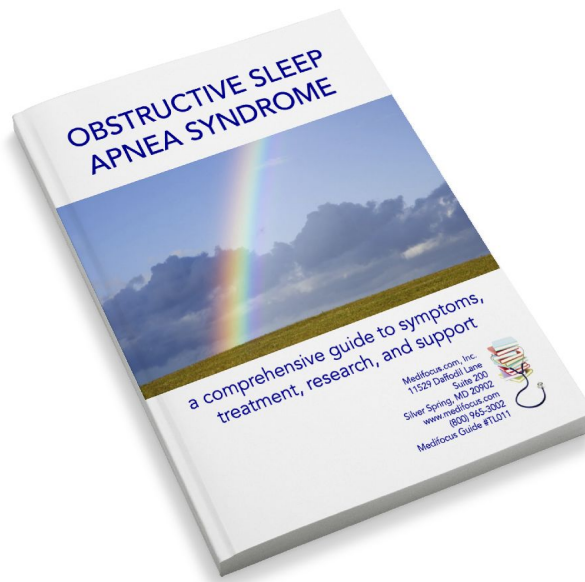
-  
[www.americansleepassociation.org](http://www.americansleepassociation.org)

### **American Society of Anesthesiologists; Information on Sleep Apnea and Anesthesia**

[www.asahq.org/patientEducation/apnea.htm](http://www.asahq.org/patientEducation/apnea.htm)

The **Directory of Organizations** in the complete **Medifocus Guidebook on Obstructive Sleep Apnea Syndrome** includes a list of selected disease organizations and support groups that are helping people diagnosed with Obstructive Sleep Apnea Syndrome.

To Order the Complete **Guidebook on Obstructive Sleep Apnea Syndrome** [Click Here](#)  
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)



This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Obstructive Sleep Apnea Syndrome**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

To purchase the COMPLETE Medifocus Guidebook on Obstructive Sleep Apnea Syndrome (106 pages; Updated April 11, 2010), please:

- Call us at:
  - 800-965-3002 (United States)
  - 301-649-9300 (Outside the United States)
- Order online through our website:
  - **Printed Version**
    - Mailed to you and bound for easy reading.
    - Includes free online access to the electronic guidebook for one full year.

[Purchase Printed Guidebook](#)

- **Electronic Version**
  - Adobe PDF document that can be viewed or printed on any computer
  - Online updates are included for one full year.

[Purchase Electronic Guidebook](#)

## Disclaimer

*Medifocus.com, Inc.* serves only as a clearinghouse for medical health information and does not directly or indirectly practice medicine. Any information provided by *Medifocus.com, Inc.* is intended solely for educating our clients and should not be construed as medical advice or guidance, which should always be obtained from a licensed physician or other health-care professional. As such, the client assumes full responsibility for the appropriate use of the medical and health information contained in the Guidebook and agrees to hold *Medifocus.com, Inc.* and any of its third-party providers harmless from any and all claims or actions arising from the clients' use or reliance on the information contained in this Guidebook. Although *Medifocus.com, Inc.* makes every reasonable attempt to conduct a thorough search of the published medical literature, the possibility always exists that some significant articles may be missed.

## Copyright

© Copyright 2009, *Medifocus.com, Inc.* All rights reserved as to the selection, arrangement, formatting, and presentation of the information contained in this report, including our background and introductory information.