

# Homecare Classroom on Sleep Apnea

ISSUE 21

## Snoring May Be Early Sign Of Future Health Risks

Here's a wake-up call for snorers: Snoring may put you at a greater risk than those who are overweight, smoke or have high cholesterol to have thickening or abnormalities in the carotid artery, according to researchers at Henry Ford Hospital in Detroit.

Study results were presented at the 2013 Combined Sections Meeting of the Triological Society in Scottsdale, Ariz. It has been submitted to The Laryngoscope journal for publication.

For the Henry Ford study, Dr. Deeb and senior study author Kathleen Yaremchuk, M.D., reviewed data for 913 patients who had been evaluated by the institution's sleep center. Patients, ages 18-50, who had participated in a diagnostic sleep study between December 2006 and January 2012 were included in the study. None of the participants had sleep apnea.

In all, 54 patients completed the snore outcomes survey regarding their snoring habits, as well as underwent a carotid artery duplex ultrasound to measure the intima-media thickness of the carotid arteries.

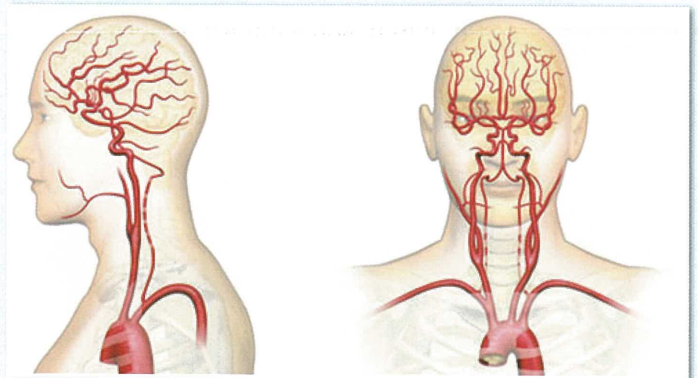
Carotid intima-media thickness, a measurement of the thickness of the innermost two layers of the arterial wall, may be used to detect the presence and to track the progression of atherosclerotic disease. Intima-media thickness is the first sign of carotid artery disease.

Compared to non-snorers, snorers were found to have a significantly greater intima-media thickness of the carotid arteries, the study finds.

The study also revealed no statistically significant differences in intima-media thickness for patients with or without some of the traditional risk factors for cardiovascular disease - smoking, diabetes, hypertension or hypercholesterolemia.

The study reveals changes in the carotid artery with snorers - even for those without sleep apnea - likely due to the trauma and subsequent inflammation caused by the vibrations of snoring.

The increased thickening in the lining of the two large blood vessels that supply the



\* The above information is for reference only.

Should you have any enquiries, please consult your own doctor.



The above information  
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brain with oxygenated blood is a precursor to atherosclerosis, a hardening of the arteries responsible for many vascular diseases.

"Snoring is more than a bedtime annoyance and it shouldn't be ignored. Patients need to seek treatment in the same way they would if they had sleep apnea, high blood pressure or other risk factors for cardiovascular disease," says lead study author Robert Deeb, M.D., with the Department of Otolaryngology-Head & Neck Surgery at Henry Ford.

"Our study adds to the growing body of evidence suggesting that isolated snoring may not be as benign as first suspected. So instead of kicking your snoring bed partner out of the room or spending sleepless nights elbowing him or her, seek out medical treatment for the snorer."

The Henry Ford research team plans to conduct another long-term study on this topic, particularly to determine if there's an increased incidence of cardiovascular events in patients who snore.

Other studies show that intima-media thickness may lead to serious problems like stroke, heart failure, myocardial infarction and obstructive sleep apnea.<sup>#1,2,4,5,6</sup>

<sup>#1</sup>Reference: "Carotid-Artery Intima and Media Thickness as a Risk Factor for Myocardial Infarction and Stroke in Older Adults" by Daniel H. O'Leary, M.D., Joseph F. Polak, M.D., M.P.H., Richard A. Kronmal, Ph.D., Teri A. Manolio, M.D., M.H.S., Gregory L. Burke, M.D., M.S., and Sidney K. Wolfson, Jr., M.D.

<sup>#2</sup>Reference: "Common Carotid Intima-Media Thickness as an Indicator of Atherosclerosis at Other Sites of the Carotid Artery The Rotterdam Study" by Michiel L. Bots, M.D., Ph.D., A. Hofman, M.D., Ph.D., Paulus T. V. M. De Jong, M.D., Ph.D., Diederick E. Grobbee, M.D., Ph.D.

<sup>#4</sup>Reference: Medical News Today. MediLeicon, Intl., 28 Jan 2013

<sup>#5</sup>Reference: "Obstructive Sleep Apnea and Carotid-Artery Intima-Media Thickness" by Takahiro Suzuki, M.D., Hiroshi Nakano, M.D., Ph.D., Junko Maekawa, M.D., Ph.D., Yukinori Okamoto, M.D., Ph.D., Yoshinobu Ohnishi, M.D., Ph.D., Motoo Yamauchi, M.D., Hiroshi Kimura, M.D., Ph.D.

<sup>#6</sup>Reference: "Ultrasound of carotid artery in neck detects early signs of heart failure" by Johns Hopkins Medicine.

<sup>#7</sup>Reference: "Relation of carotid artery wall thickness to diabetes mellitus, fasting glucose and insulin, body size, and physical activity. Atherosclerosis Risk in Communities (ARIC) Study Investigators." by Folsom AR, Eckfeldt JH, Weitzman S, Ma J, Chambless LE, Barnes RW, Cram KB, Hutchinson RG.

## Seminar of September

### "Recent advances in the prevention and treatment of snoring"

**Guest Speaker : Mr Peter Ip**  
(Retired Ward Manager of Hospital Authority)

**Content :** The effective prevention and latest treatment for snoring

**Date :** 14 September 2013 (Saturday)

**Time :** 14:00 -16:00

**Venue :** The HomeCare Medical Ltd.

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501-503 Castle Peak Road, Lai Chi Kok, KLN.  
(Lai Chi Kok MTR Exit C)

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\* For further details, please join our medical seminar of September,  
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