

Progress Report

Education, Treatment and Dedication to Sleep Medicine

AUGUST 2009

“You should hear about Susan Kincaid and United Sleep Medicine”

“I’d fight you for it!” says Susan Kincaid. She’s referring to her life-changing CPAP machine and she wants to shout it from the rooftops to anyone who’ll listen!

Susan says prior to starting CPAP, Continuous Positive Airway Pressure, she was crawling through life. She was profoundly tired all of the time and could never seem to get enough sleep. Her social life was virtually non-existent because after dragging through her work day, all she wanted to do was come home, get the dinner done and get some rest. Susan describes herself at the end of a typical day before CPAP as, “a whiney child who desperately needed a nap.”

Susan was referred to United Sleep Medicine by several of her physicians, most recently by Dr. Daniel Wise, her cardiologist. Dr. Wise recognized Susan’s symptoms of Cognitive Dysfunction (not thinking clearly) and drug resistant hypertension (blood pressure that is extremely hard to control) as strong indicators of Sleep Disordered Breathing. When he questioned her about her sleep, she reported that her sleep was like that of having a new baby in the house – virtually non-existent with all of the awakenings during the night!

Susan reports that with the support she received from both the Sleep Specialist and the CPAP Coordinator, Patsy Foster, at USM, she was able to acclimate to the therapy within a matter of days.

Susan’s testing at USM showed that she indeed has Sleep Disordered Breathing and treatment with Continuous Positive Airway Pressure (CPAP) was initiated. She admits that she was a bit apprehensive about sleeping with CPAP the first couple of weeks as she was afraid of disconnecting or crimping the tubing. “Don’t give up! It’s just a new way of sleeping and you don’t even notice after a few nights.”

Susan spoke at length about the education she’s received on Sleep Disordered Breathing by United Sleep Medicine. She was cautioned by a knowledgeable physician that lack of quality, restorative sleep has been proven to negatively impact the body’s ability to repair and regenerate itself and is highly related to cardiovascular problems as well as adult on-set Diabetes and other negative consequences. With her physical response and the education and support she’s received at United Sleep Medicine, Susan says she wants to tell everyone she meets about CPAP. This was recently highlighted at a social dinner where another diner mentioned he was recently placed on CPAP. Susan recounts the dialogue of encouragement from one user to another. It sounds like another success story in the making.

Positive Impacts

- Susan is sleeping through the night
- She has high daytime energy levels
- She *feels* like exercising
- The irritability and need for naps during the day has ceased
- Interest in social activities has returned
- **Most importantly** her blood pressure has stabilized with no change in her medications