



Nightly Newzzzz

The Sleep Apnea Newsletter

April 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. . .

Families are like fudge: mostly sweet with a few nuts.

Chronic Cough

The Lung Association has begun an awareness campaign about that annoying cough that doesn't go away. Many coughs are not life-threatening, but they can affect people's sleep. If you've had a cough that lasts for 3 weeks or longer, and it's not improving, you should get it checked out.

There are three different groups of cough:

1. A cough lasting less than 3 weeks (acute cough): The common cold is the main cause of acute cough. See a doctor or visit an emergency room if you have any of these warning signs: extremely short of breath, turning blue in the lips or fingernails, swelling in the lips, or coughing up blood.

2. A cough that lasts 3-8 weeks (sub-acute cough): This type of cough may go away by itself, or it may also need treatment. If you answer yes to any of the following questions, please see your doctor.

- Are you coughing up blood?
- Are you short of breath?
- Has your cough changed over time?
- Are you losing weight without trying?
- Are you coughing up phlegm?
- Do you have a fever?
- Do you currently smoke?
- Did you smoke in the past?
- Are you living with asthma or COPD or other respiratory conditions?

(Cont'd page 2)

New Services for CPAP Users

Prairie Oxygen, a CPAP supplier based in both Saskatoon and Regina has now expanded their services for CPAP users to Moose Jaw. A respiratory therapist with experience in sleep will be available once a month in the South Hill Medical Clinic, 890 A Lillooet St. Please call 1-877-738-8702 for dates and to book an appointment. Drop-ins are also welcome.

Chronic Cough (cont'd)

3. A cough lasting 8 weeks or more (chronic cough): A chronic cough is not a disease itself. It is a sign of something wrong.

Some of the most common causes of chronic cough include:

- Post-nasal drip syndrome, when mucus drips down your throat from the back of your nose
- Something at home or work that is irritating your nose or airway
- Allergies
- Asthma
- Smoking
- COPD (new name for emphysema and chronic bronchitis)
- Acid reflux (sometimes called gastro-esophageal reflux disease or GERD)
- Some high blood pressure medications

In rare cases a chronic cough can be caused by serious diseases like lung cancer or tuberculosis (TB). The Lung Association has developed a web site devoted to information on cough: <http://www.3weekcough.ca/> . This site includes a questionnaire to help you determine the best way to deal with your cough.

Radon Information for Home Owners

Radon is a colourless, odourless, radioactive gas. It occurs naturally in the environment as a result of the breakdown of uranium found in soil and rocks. In the outdoor air, radon is diluted and is not a health risk.

Radon can seep from the ground into buildings through the foundation, basement windows and the plumbing system. If radon seeps into an enclosed space such as a house or apartment building it can build up to levels that are a health risk.

The age of your house is not a factor when it comes to radon gas levels. The Canadian National Building Code issued November 29, 2010 requires that engineers and designers consider radon protection in their designs. This includes an air barrier between the soil and the foundation, as well as a rough-in for a future radon mitigation system. The Canadian Mortgage and Housing Corporation has an excellent publication: *Radon: A Guide for Canadian Homeowners* available through their web site: www.cmhc-schl.gc.ca or by phone: 1-800-668-2642.

Test kits to determine the level of radon in your home are available through the Lung Association of Saskatchewan at a cost of \$50.00. This includes the analysis by the Saskatchewan Research Council. If the test results indicate that your home has levels higher than recommended you have at least one year to make any repairs that might be necessary. Information on the repairs required can be found at: www.nationalcodes.ca. Experts in building codes and contractor information can be reached at: codes@nrc-cnrc.gc.ca.

Canadian Trucking Firm Settles Lawsuit

Celadon, a major Canadian trucking firm, was successfully sued in Texas by the family of John Lindsay. Mr. Lindsay was killed by a truck driver with uncontrolled sleep apnea. This is the first case in which a trucking company has acknowledged a death was due to sleep apnea. The company paid 3.2 million dollars and has started an awareness campaign within the industry. The family has also started an awareness campaign through the John Lindsay Foundation: www.johnlindsayfoundation.org

Sleep Disorders, Health and Safety in Police Officers

A study published in late 2011 screened police officers in the United States and Canada for sleep disorders. A surprising 40% had some sort of sleep problem, with 33% having obstructive sleep apnea. The officers with a sleep disorder had more medical problems, were off work more often and made more mistakes. They also admitted to more uncontrolled anger towards suspects. Hopefully all these officers are successfully treated for their sleep disorder.

Regina Sleep Apnea Support Group Meeting

Topic:

New CPAP equipment

Guest Speaker:

Michael Davis, RRT
Philips/Respironics

Wednesday

April 18

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.

Tips for Maintaining your CPAP Equipment

- ✓ Change the CPAP machine filter when it seems dirty or as recommended in the operator's manual
- ✓ Read the operators manual
- ✓ Wash mask daily in mild soap – avoid perfumed or antibacterial soaps
- ✓ Use only distilled water in the humidifier
- ✓ Check the hose for small holes (especially if you have a cat)
- ✓ Avoid water spills in the machine – do not move the CPAP machine with the humidifier attached
- ✓ If you have deep marks on your face in the morning, you are tightening the straps too much
- ✓ Servicing of SAIL equipment can be arranged by calling 655-2505

Classified Ads

- H5i humidifier – brand new! This will fit the ResMed S9 CPAP machine. Call John in Saskatoon at 222-8039.
- Remstar M series CPAP machine with Aflex and humidifier. Two types of masks: nasal pillows or a full face mask for sale. Also a sleep pillow. Call Tracey in Weyburn at 842-5144.
- ResMed Mirage FX for her nasal mask – barely used. Call Desiree in Saskatoon at 6651050.
- Nasal-Aire II nasal pillows system, comes with 6 different cushion sizes for sale. Call Shawn in Outlook at 867-7487. He will deliver to Saskatoon.
- ResMed Sullivan Humidaire Heated humidifier attachment for a CPAP machine in great condition for sale. Call Robert in Regina at 565-2579, he will return calls or email him at viking7_2008@yahoo.ca
- ResMed H4i heated humidifier for sale. Also ResMed Swift LT nasal pillows, CPAP hose, and chin strap – all used for only 4 months. Call Karen in Prince Albert at 763-7197.
- Used ResMed Universal Heated humidifier, 18 inch connecting hose, and 3 new humidifier filters. Brand new (still in package) comfort gel mask and hose. Also a used nasal mask with headgear and hose. Call Al in Saskatoon at work 934-7060 ext 234 or at home 382-0093. His email is aregehr@sasktel.net
- Humidifier for S8 CPAP machine – rarely used - for sale. Call Tena in Hepburn at 947-2024. She can deliver to Saskatoon.

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

Saskatoon Sleep Apnea Support Group Meeting

Topic:

CPAP Therapy and Humidifiers

Guest Speaker:

Christen Orem, RRT
Fisher & Paykel

Wednesday

April 11

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

The Lung Association of Saskatchewan is pleased to offer you this newsletter. It is only through generous donations from the public that we are able to provide this newsletter and other resources.

If you would like an electronic version of this newsletter, please contact us at www.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.