

# Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

*Snoring Can Adversely Impact Your relationship And May be An Indicator Of A More Serious Health Condition*

## Don't Let Your Valentine's Day Be A Snore

With Valentine's Day (February 14) right around the corner, it may be a good time to remember that snoring may lead to the demise of your relationship and your Valentine might be best served by some preventive measures. Studies show that snoring can have a profound impact on relationships removing intimacy, disrupting sex lives, and even leading to divorce among married couples.

Forty-five percent of adults snore at least occasionally, and 25 percent are habitual snorers. Problem snoring is more frequent in males and overweight persons, and it grows worse with age.

While there are more than 300 devices registered in the U.S. Patent and Trademark Office as cures for snoring, there are some simple steps you can take to prevent snoring from wreaking havoc in your relationship. Adults who suffer from mild or occasional snoring should consider trying the following:

- Adopt a healthy and athletic lifestyle to develop good muscle tone and lose weight.
- Avoid tranquilizers, sleeping pills, and

antihistamines before bedtime.

- Avoid alcohol for at least four hours and heavy meals or snacks for three hours before retiring.
- Establish regular sleeping patterns.
- Sleep on your side rather than your back.
- Tilt the head of your bed upwards four inches.



Sometimes snoring can indicate a more serious medical problem, such as obstructive sleep apnea (OSA). OSA is a common disorder that affects more than 18 million people in the United States, many of whom are undiagnosed. People with OSA literally stop breathing repeatedly during their sleep, often for a minute or

longer and as many as hundreds of times during a single night, as throat muscles intermittently relax and block the airway during sleep. OSA treatment may involve using a device to keep your airway open (CPAP) or undergoing a procedure to remove tissue from your nose, mouth or throat. The problem however is that surgery doesn't last, CPAP machines are only as effective as the patient's adherence, and most other devices have had disappointing outcomes, in addition to being expensive, unwieldy and having poor patient compliance.

The single most effective way to reduce OSA symptoms and associated disorders is weight loss. And the greater the change in body weight or waist circumference, the greater is the improvement in OSA. In fact, in one study, mild OSA was objectively cured in 88 percent of the patients who lost more than 33 pounds, a statistic that declined with the amount of weight lost. Only in 62 percent of those who lost between 11 and 33 pounds were objectively cured of their OSA, as were 38 percent of those who lost between zero and 11 pounds, and only 11 percent of those who had not lost weight or who had gained weight.

If you snore, talk to your primary care doctor or to us about possible sleep apnea. We will screen you for this condition and possibly refer you for a sleep study, or polysomnography.

Happy Valentine's Day!



### The History of Valentine's Day

The history of Valentine's Day - and its patron saint - is shrouded in mystery. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice, defied Claudius and continued to perform marriages for young lovers in secret. When his actions were exposed, Claudius ordered he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured. While in prison, it is believed that Valentine fell in love with a young girl — who may have been his jailor's daughter. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' an expression that is still in use today.

Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure.

### Support Group Meeting

Thursday

18

Our next gastric banding support group meeting is Thursday, February 18 at 7 pm. See you there!