

Exploring the discontents of sleep apnea

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Dr Song Tar visited Bangladesh a few days back, and was happy to share some of his thoughts and perspectives on sleep apnea, a major disorder related to sleep which is starting to affect a large portion of society.

What is obstructive sleep apnea?

Obstructive sleep apnea is a condition that affects a patient during sleep. Due to obstruction of the airways, it can lead to turbulence of airflows and vibration of tissues. As a result of the obstruction, the oxygen level in the body can drop. People affected by this condition snore, have observed stoppage in breathing, choking and gasping episodes, and their sleep quality can be severely affected due to frequent arousals to open the upper airway to overcome the obstruction.

What are the major causes?

The major causes are related to the tissues of the throat obstructing during sleep. It occurs in people with large tonsils, redundant and lax soft palate, and bulky tongue. Allergies, causing nasal and

upper airway inflammation can narrow the airway as well. If the upper and lower jaw structures are small, the upper airway will be small and that can predispose to obstruction during sleep. People with obesity have more fatty deposits in the tongue, soft palate and region surrounding the upper airway, hence narrowing the air passage. As a person ages, the upper airway tissue can become lax as well. Benign or cancerous tumor can obstruct the upper airway (nose, mouth, throat).

What are the symptoms?

Patients can present with loud snoring, stoppage of breathing, choking and gasping episodes. They have unrefreshed



sleep and excessive daytime sleepiness, and often take large amounts of caffeine to stay awake. They often feel tired and may have difficulty concentrating during work, doze off during meetings and experience sleepy driving.

What are the dietary and lifestyle choices that should be followed and avoided?

Patients should sleep 7-8 hours per night, at scheduled time. Dietary intakes should be maintained, with low intakes of carbohydrate and fatty food. Weight loss should be a top priority, as it contributes to obstructive sleep apnea. Regular exercises

of 20-30 minutes can help to reduce weight. Tongue and throat exercises have been shown to help with obstructive sleep apnea as they tone up throat muscles.

What are the treatments?

There is CPAP (Continuous Positive Airway Pressure), which acts like a pneumatic splint to open up the airway. Oral appliances can be used to position the jaw forward to open up the posterior airway space. Surgery is another option when it comes to treatment. This is done to reduce the size of tissue in the nose, throat tissue, and tongue area. There is also skeletal surgery, which pulls the upper and lower jaws forward to open up the airways. A new treatment called hypoglossal nerve stimulator has shown success in opening up the airway by stimulating the nerve that controls the tongue muscles.

How does one cope with sleep apnea?

You should see a doctor if you suspect you have obstructive sleep apnea. The doctor can carry a sleep test to confirm the diagnosis. The sleep test will show the number of times the upper airway obstructs during sleep, and how low the oxygen drops during sleep.

Is obstructive sleep apnea related to other diseases?

Yes, it is associated with hypertension, heart attack, stroke, neurocognitive decline, and type 2 diabetes.

What is the prevalence rate of sleep apnea in Bangladesh?

According to research in Dhaka, 1 in 10 people have obstructive sleep apnea. The incidence of prevalence is expected to increase.

By Israr Hasan
Photo: Courtesy

Fourth Cotton Day-Bangladesh held in Dhaka

Recently, COTTON USA held a seminar, and an eye-catching fashion show in Dhaka, to celebrate the fourth Cotton Day- Bangladesh. Cotton Council International (CCI) introduced this observance of Cotton Day back in 2016. The idea was to celebrate US Cotton, as well as Bangladesh, which is the largest manufacturer and exporter of cotton apparel products.

120 spinning mills, garment manufacturers, cotton merchants and traders attended the seminar, followed by a gala evening of reception, fashion show, and dinner. Also present at the event were US Ambassador to Bangladesh Earl R. Miller, and the Prime Minister's Adviser for private industry and investment, Salman F Rahman.

In the fashion show, leading brands of the country like Yellow and Amanat Shah, as well as Cotton USA Licensee and Cotton Leads partner mills — Envoy Textiles Ltd, Hamid Fabrics Ltd, and Square Group, showcased a selection of Bangladeshi and western clothing.

Envoy textiles also had a chance to showcase their innovation, a 2.5-ounce Supima denim fabric in a kurta. This is the first time in the world that such a lightweight denim fabric has been developed with Supima and US Cotton.

Sarina to host donation drive for children

To ensure a better future for poor children, Hotel Sarina has decided to do raise funds to be donated to an orphanage. They have planned to hold a walk event with the slogan "Run for the Children" on Friday, 8 November, 2019 from 6 AM to 11 AM, starting from the hotel premises and ending at the same point, rounding about 4-5 kilometers.

All registered runners will be entered into a grand prize raffle; with a chance to win one of the many prizes including trips, weekend breaks and stays in one of the many hotels, dinners, health club memberships, and more.

The registration fee for the event is Tk 200. For more information, please visit www.facebook.com/HotelSarinaDhaka



Private Veterinary Clinic Services available in Uttara

Good news for pet owners of Dhaka as the newest veterinary services just opened up its doors in Uttara.

LD Veterinary Hospital & Day Care Limited was inaugurated on 2 November, 2018 and provides state of the art facilities for the treatment and care of the animals.

They have an emergency ward, and a modern operation theater. Their services include, vaccination services, all

kinds of pet care, pet hotel and mobile service facilities, in addition to diagnostic support such as digital x-ray, ultrasound, pathological examination with ECG — all supervised under their in house veterinary specialists.

The hospital was inaugurated by former Minister of Youth and Sports, Shri Biren Sikder, and other guests at the event included, director general of the

Department of Livestock Services, Dr Hires Ranjan Bhowmik, and Mousumi Islam, managing director of Promixco Group.

Location: Rabindra Sarani, Sector-7, Uttara Model Town (0.26 km)

1230 Dhaka, Bangladesh

Check them out on social media:
<https://www.facebook.com/LD.VeterinaryHospitalBD/>