



Sleep Apnea or Sleep Disordered Breathing

By Dave Thorson, MD

Sleep Apnea is a sleep disorder characterized by breathing patterns during sleep that decreases oxygen due to shallow breathing, pauses in breathing, or infrequent breathing. In the US, it is estimated that there are 22 million patients with moderate to severe symptoms and only 20 % have been diagnosed. Undiagnosed sleep apnea has significant health implications. All of the following diseases are impacted by untreated sleep apnea: coronary artery disease, stroke, elevated blood pressure, atrial fibrillation, work related accidents, motor vehicle accidents, liver disease and diabetes.

While sleep apnea can affect anyone, common risk factors include:

- Male
- Over 40
- Large neck size (≥ 17 inches)
- Loud snoring
- Enlarged tonsils
- Small jaw
- Enlarged tongue
- Reflux disease
- Chronic sinusitis
- Allergies
- Family history of sleep apnea
- Deviated septum causing nasal obstruction
- Sleeping meds, anti-anxiety medication and alcohol affect breathing
- Smokers

There are many ways to be screened for sleep apnea. A bed partner who witnesses breathing pauses is a high indicator. There are a number of screening questionnaires available such as The STOPBANG and Epworth sleepiness scale, found on Page 3. Please take a moment to take the quiz and if you are positive, please contact your physician or provider if it is positive.

A screening test that is positive means you need further testing. Testing for sleep apnea includes home studies and overnight testing in a sleep lab. For patients with a positive screening test and no other significant medical conditions (*unstable cardiac disease, history of stroke, out of control diabetes or hypertension to name a few*), home sleep studies are a good diagnostic tool. This allows you to sleep in your own bed and simply wear a chest strap and a tube to measure breathing, movement, and oxygen saturation. The cost for home testing is 1/4 to 1/3 of the cost of an overnight sleep study. Overnight sleep lab studies are still the best test for many patients so please talk to your provider about which test is best for you.

...continued on page 3

The YMCA is helping fight childhood obesity with **JOIN for ME** and the **Power of Exercise!**

JOIN for ME is very similar to how the *YMCA Diabetes Prevention Program* works. This is a 16-week program with weekly meetings that a parent and child from ages 6 to 12 can attend with 8 monthly maintenance classes after.

1. **Locations:** Woodbury YMCA and West St. Paul.
2. **No membership required.** The program is free to individuals that qualify (*BMI at or above the 85th percentile or higher*) and receive a referral from a physician.
3. **Receive a 30-day membership pass** for the family starting at week 5 of the program.
4. **Contact:** Robin Hedrick, *Director of Healthy Kids* at 612-371-8715.

The **Power of Exercise** is a collaboration between the Power of Exercise and the Woodbury YMCA. There is little or no cost to the participant.

1. **Location:** Woodbury YMCA
(*Nick Boyer hopes to grow his program and fund it at other YMCA's*).
2. **Contact:** Nick Boyer at powerofexercise.org (*Applications*) or Pauline Alba at Pauline.alba@ymcatwincities.org
3. **The Power of Exercise** is a nonprofit organization that pairs teens, ages 15-19, with personal trainers for eight weeks of one-on-one fitness training and education at the Woodbury YMCA.
4. **We want to TEACH TEENS FITNESS who are:**
 - Ages 15-19
 - New to or unfamiliar with exercise
 - At or above the 85th percentile for Body Mass Index (BMI)
 - Motivated to achieve realistic fitness goals
 - Seeking to reach a healthy weight

REMINDER:

We have **ONE** centralized scheduling number for all clinic locations:

651-788-4444



2015 Summer Community Events



Shoreview Parade

"Our Shoreview Clinic staff enjoys the Slice of Shoreview Parade! They enjoyed seeing patients and other members of the community."



Manitou Days

Staff from the White Bear Lake-Banning and Bellaire Clinics enjoyed seeing existing patients and celebrating Manitou Days with the rest of the community.

Kudos to the Entira's administrative staff for donating \$680 to Lee Denim Day! Lee National Denim Day®

is a fundraiser created by Lee® Jeans where participants donate \$5 or more in exchange for wearing jeans to work. The beneficiary is the American Cancer Society, the largest voluntary health organization in the United States, which is passionately committed to finishing



the fight against breast cancer and all cancers.



Como National Night Out

FREE Root Beer added fun to the neighborhood celebration.

Inver Grove Heights Days

IGH providers had fun participating in the IGH Days parade in September as well as a booth outside the clinic.



Maplewood National Night Out

"Thank you to all who stopped by to help celebrate National Night Out with our Maplewood/Battle Creek Clinic!"

Payne Arcade Harvest Festival

"Our patients came up to us and said they liked to see their Entira providers and staff in their neighborhood parade. Entira East Side really feels like a neighborhood clinic!"

Inflammatory Bowel Diseases: Crohn's Disease and Ulcerative Colitis — Awareness Week: December 1–7

By The Crohn's & Colitis Foundation
<http://www.ccfa.org/>

What is Crohn's Disease and Ulcerative Colitis

Crohn's disease and ulcerative colitis are both major categories of Inflammatory Bowel Diseases (IBD). IBD affects an estimated 1.6 million Americans.

These chronic diseases tend to follow genetic family lines and they affect males and females equally. While IBD can affect anyone, Caucasians are more likely than other ethnic groups to have IBD. The diseases are especially prevalent in Jews of European descent (*Ashkenazi Jews*). African Americans and Hispanics in the United States are increasingly affected.

Crohn's disease is a chronic inflammatory condition of the gastrointestinal tract and may affect any part from the mouth to the anus. Ulcerative colitis is a chronic inflammatory condition limited to the colon, otherwise known as the large intestine.

Shared Symptoms of Crohn's Disease and Ulcerative Colitis

It is often difficult to diagnose which form of IBD a patient is suffering from because both Crohn's Disease and ulcerative colitis cause similar symptoms.

Symptoms related to inflammation of the GI tract:

- Diarrhea
- Rectal bleeding
- Urgent need to move bowels
- Abdominal cramps and pain
- Sensation of incomplete evacuation
- Constipation (*can lead to bowel obstruction*)

General symptoms that may also be associated with IBD:

- Fever
- Loss of appetite
- Weight Loss
- Fatigue
- Night sweats
- Loss of normal menstrual cycle

Both illnesses do have one strong feature in common. They are marked by an abnormal response by the body's immune system. The immune system is composed of various cells and proteins. Normally, these protect the body from infection. However, in people suffering from IBD, the immune system reacts inappropriately, mistaking benign or beneficial cells and bacteria for harmful foreign substances. When this happens, your immune system can do harm to your gastrointestinal tract and produce the symptoms of IBD.

Sleep Apnea Screening Questionnaire

1. Do you have a heart or lung problem that causes you to be short of breath walking up one flight of stairs? Yes No
2. Do have difficulty either falling asleep or staying asleep more than 3 nights a week and that is affecting your quality of life? Yes No
3. Are you taking any sleeping pills or pain medications on a regular basis? Yes No
4. Do you experience sleep walking, sleep eating or any other abnormal movements or behaviors at night? Yes No

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep, not just feel tired, in the following situations? Even if you have not recently been in each situation listed, try to determine how they would have affected you.

For each situation, decide whether or not you would have:

No chance of dozing = 0 Mild chance of dozing = 1 Moderate chance of dozing = 2 High chance of dozing = 3

Situation	Chance of dozing
Sitting and reading.....	_____
Watching TV.....	_____
Sitting inactive in a public place (eg. theater or meeting).....	_____
As a passenger in a car for an hour with a break.....	_____
Lying down in the afternoon if circumstances permit.....	_____
Sitting and talking to someone.....	_____
Sitting quietly after lunch without alcohol.....	_____
In a car while stopped for a few minutes in traffic.....	_____
Total Score.....	_____

STOP

Circle Yes or No

- Do you SNORE loudly (louder than talking or loud enough to be heard through closed doors)? Yes No
- Do you often feel TIRED, fatigued, or sleepy during daytime? Yes No
- Has anyone OBSERVED you stop breathing during your sleep? Yes No
- Do you have or are you being treated for high blood pressure? Yes No

BANG

- BMI more than 35kg/m2 ? Yes No
- Body Mass Index (BMI) Info: Height: _____ Weight: _____
(Please enter height and weight. Your doctor will calculate your BMI).
- Age over 50 years old? Yes No
- A Neck circumference greater than 16 inches (40cm) ? Yes No
- Gender: Male? Yes No
- Total Score.....** _____

These questionnaires, Sleep Apnea Screening, Epworth Sleepiness Scale and STOP-BANG, assess:

Need for Consult/PSG Sleep Study rather than a home study. If the patient answers any of the first four questions yes, then the patient should ideally see a sleep physician first for a consult and then do a Sleep Study.

The Risk for Obstructive Sleep Apnea
Epworth > 10 (Score less than 10) or STOP-BANG > 3 (Score greater than 3)

Sleep Apnea or Sleep Disordered Breathing... continued from page 1

Entira is now doing home sleep studies for appropriate patients. Dr. Jagdeep Bijwadia, board certified sleep and pulmonary disorders will read our sleep studies and consult with Entira patients at our Maplewood/Battle Creek and Vadnais Heights Clinics.

If your results are positive, you may start treatment with a CPAP or an oral appliance based on you and your providers personal decision. A CPAP Specialist from Lakeland Health Services will be available all day at Vadnais Heights on Tuesdays, Inver Grove Heights on Wednesdays and North St. Paul on Fridays to help patients with any and all of their CPAP needs. For any questions related to CPAP therapy please call 763-354-7657. Most insurance companies pay for home sleep studies for appropriate patients and cover treatment with CPAP or oral appliance.

Your Comments and Suggestions Are Wanted!

Please let us know how we are doing. Patient satisfaction is our # 1 goal. If you are happy with us, we'd like to know. If you are not happy with us, we NEED to know.

We would like your feedback.

Go to our website, click on "Contact Us" at the very top or contact your clinic. (See back page for all clinic locations and phone numbers).

The Monitor, Entira Family Clinics
2025 Sloan Place, Ste 35, St. Paul, MN 55117

Visit Your Clinics Online:

You'll find updated provider profiles, improved searches, A-Z patient education and more.

www.facebook.com/EntiraFamilyClinics
www.entirafamilyclinics.com

Call your clinic phone number or 651-788-4444 from 7 am – 6 pm Monday-Friday for your appointment.

Locations of Entira Family Clinics:

Como/Roseville

(formerly Larpenteur)
1050 W. Larpenteur Ave.
St. Paul, MN 55113
Appts: 651-487-2831
Billing: 651-487-1615

East Side

(formerly Maryland)
911 East Maryland Ave.
St. Paul, MN 55106
Appts: 651-776-2719
Billing: 651-776-4493

Highland

1540 Randolph Avenue
St. Paul, MN 55105
Appts: 651-699-8333
Billing: 651-698-2601

Inver Grove Heights

2980 Buckley Way
Inver Grove Heights, MN 55076
Appts: 651-457-2748
Billing: 651-366-6713

Maplewood/Battle Creek

(formerly Afton)
2716 Upper Afton Road
Maplewood, MN 55119
Appts: 651-739-5050
Billing: 651-739-4594

North St. Paul

2601 Centennial Drive, Ste. 100
North St. Paul, MN 55109
Appts: 651-777-7414
Billing: 651-777-0298

Shoreview

404 W. Highway 96
Shoreview, MN 55126
Appts: 651-483-8283
Billing: 651-483-8293

Vadnais Heights

3550 Labore Rd, Suite 7
Vadnais Heights, MN 55110
Appts: 651-766-0520
Billing: 651-766-9450

West St. Paul

(formerly Gorman)
234 East Wentworth Ave.
West St. Paul, MN 55118
Appts: 651-455-2940
Billing: 651-455-2920

White Bear Lake

–Banning Avenue
4786 Banning Avenue
White Bear Lake, MN 55110
Appts: 651-426-6402
Billing: 651-426-8761

White Bear Lake

–Bellaire Avenue
3220 Bellaire Avenue
White Bear Lake, MN 55110
Appts: 651-777-8149
Billing: 651-777-5235

Woodbury

8325 City Centre Drive
Woodbury, MN 55125
Appts: 651-731-0859
Billing: 651-731-3584



Entira
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Business: 651-772-1572
Fax: 651-772-1889

REGULAR CARE SCHEDULE...

ENTIRA FAMILY CLINIC HOURS	AFTER HOURS CARE (No. St. Paul & Inver Grove Hgts.)
Monday—Friday 8:00 am–5:00 pm	5:00 pm – 9:00 pm
Saturday.....Closed	8:00 am – 5:00 pm
Sunday.....Closed	8:00 am – 5:00 pm

AFTER HOURS CARE...

HOLIDAY/DATE	ENTIRA FAMILY CLINIC HOURS	HOLIDAY AFTER HOURS CARE (No. St. Paul & Inver Grove Hgts.)
Thanksgiving	Closed	8:00 am – 2:00 pm
Thursday, November 26		
Christmas Eve.....	8 am – 12 pm	12 pm – 4 pm
Thursday, December 24		
Christmas Day	Closed	Closed/On-call MD available
Friday, December 25		
New Years Eve	Regular Hours	5 pm – 9 pm
Thursday, December 31	(8 am – 5 pm)	
New Years Day	Closed	8:00 am – 2:00 pm
Friday, January 1, 2016		

HOLIDAY SCHEDULE

We Have After Hours Care!

The purpose of **After Hours Care** is to offer our patients after-hour care for illness and injuries that require immediate attention that cannot wait until our usual clinic hours. Our After Hours Care Clinic is **NOT** an emergency medical facility; CALL 911 for any life-threatening situations. Or call Poison Control Center 1-800-222-1222 (24 hour service).

After Hours Care (AHC) is part of the Entira Health Care system. AHC is staffed by our own primary care providers 364 days a year, offering you the continued treatment you have come to expect during regular office hours. You are able to schedule and follow up with your primary provider without any delay. And you do not pay higher rates for being seen during extended hours; fees are the same, including office visit and co-pays.

Just call your clinic's phone number (*above*) or our new Centralized Scheduling number at **651-788-4444** to schedule for After Hours Care.

After Hours Care Offices:

2601 Centennial Drive AND 2980 Buckley Way
North St. Paul, MN 55109 Inver Grove Heights, MN 55076

After Hours Care:

Monday–Friday evening: 5:00–9:00 with appts. starting at 6:00 pm

Saturdays and Sundays: 8:00–5:00 with appts. starting at 9:00 am

Holidays: See After Hours Care schedule to the left