

# AMERICAN SLEEP APNEA ASSOCIATION

## TOP TEN LIST OF A.W.A.K.E. MEETING TOPICS FROM LONG-TIME COORDINATORS

Colleen Bazzani, RPGST – Coordinator **West Metro A.W.A.K.E.** St. Louis Park, MN

- OSA in depth
- RLS/PLMS
- HTN and OSA
- Activity Pyramid/Food Pyramid
- Bariatric surgery
- Drowsy Driving
- Diabetes and OSA
- Circadian Rhythms
- Making PAP work for you!
- Surgical options for OSA

Tinia Byers – Coordinator **Carroll County A.W.A.K.E.** Westminster, MD

- Anxiety, Panic Attacks and Sleep
- Eating Healthy Over the Holidays
- Sleep Apnea and Heart Failure
- Diabetes – Healthy Portions
- Perioperative Management of Patients with Sleep Apnea
- Medications and their effects on your body
- Oral Appliances: An Effective Treatment for Sleep Disordered Breathing
- The Correlation between Sleep Apnea and Cardiovascular Disease

Pat Morovich – Coordinator **Western Pennsylvania A.W.A.K.E.** Pittsburgh, PA

- Annual Mask Options and Fitting Tips
- New Innovative in Equipment used to Treat OSA
- Sleep Apnea and the Heart
- Weight Management & OSA – Dietician
- Question and Answer Session involving MD, Sleep Techs, Home Care personnel and Equipment Manufacturers
- Understanding Your Sleep Study Test Results (Bring a copy of your study results)
- New Research being Done in OSA
- Surgical Options for Treating OSA
- Gastric bypass Surgery and Resolution of OSA
- Oral Appliance Therapy

## TOP TEN LIST

### Continued

Kimberly Trotter – Coordinator **San Francisco A.W.A.K.E.** San Francisco, CA

- Understanding your Sleep Study Results
- Mask interfaces
- Nutrition, Weight Management and OSA
- Insomnia
- ENT
- New Research Findings in Sleep Apnea
- Dental Devices and OSA
- RLS/PLMD and OSA
- Pediatrics and OSA

Dave Hargett – Coordinator **Elk Grove Village A.W.A.K.E. & Naperville A.W.A.K.E.** Suburban Chicago, IL

- Annual equipment fair with vendors and machines/masks on display
- A mask only equipment fair
- A doctor speaking on “What is Apnea” and basic treatment options
- A session on CPAP basics regarding how machines work, cleaning, etc.
- An anesthesiologist speaking on CPAP and sleep apnea
- A dentist speaking on oral appliance therapy
- A sleep lab technologist speaking candidly about what’s good and bad with current masks and showing examples of the masks
- Sleep Apnea and Heart Disease
- Sleep Apnea and Stroke
- Sleep Apnea and Diabetes and Metabolic Syndrome
- Open discussion on patient’s questions
- A sleep physician speaking on other sleep disorders
- The impact of medications on sleep (pharmacist or physician)

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