



## Welcome...

There have been plenty of changes recently both internally here at National Clinical Services and also in the wider world of sleep apnoea and sleep hygiene. With this in mind, we decided to compile a brief newsletter to keep our referring physicians and practices up to date with the latest in the sector as well as any internal news we have for you along the way. We hope you find it informative and useful.

.Dr. Philip Baker, the region's sleep specialist has now closed his private practice as he heads toward retirement, and with the help of his equipment and our new partnership with Manse Medical, we've expanded the range of services which we can provide to your patients.

In other news, we recently attended the 'Sleep Down Under' the 33rd Annual Scientific Meeting of the Australasian Sleep Association (ASA) and the Australia and New Zealand Sleep Science Association (ANZSSA), in Brisbane.

As well as the two international keynote speakers Michael Perlis and Jean-Louis Pepin, we heard about the latest research and insights from across the sleep spectrum (more on this at a later date)



Some of the NCS team outside our Armidale HQ

## TOP SLEEP NEWS OF THE MONTH:

### How Sleep Apnoea Affects the Gut Biome.

Researchers from the University of Missouri School of Medicine and MU Health Care have discovered how obstructive sleep apnea affects the gut microbiome in mice and how transplanting gut bacteria from sleep apnea affected mice can cause cardiovascular changes in the recipient mice. [Read the full article HERE:](#)

### Sleep Apnoea Linked to Specific Cognitive Decline While Other Appear Unaffected.

A study presented at the European Respiratory Society International Congress linked obstructive sleep apnoea (OSA) to worsening of specific cognitive functions in the elderly, particularly to people who are 74-years-old and older and in men. Interestingly, the study also found that some cognitive functions did not appear impacted by sleep apnoea. [Read the full article HERE:](#)

### Adherence to Sleep Apnoea Treatment Reduces Re-hospitalisation Risk in Adults With Comorbid Sleep Apnoea and Heart Disease.

Consistent use of CPAP treatment in patients with known heart disease and newly diagnosed obstructive sleep apnoea is associated with a lower likelihood of rehospitalization, according to a new study. [Read the full article HERE:](#)



### Referrers of the month:

*Barton Lane Medical Practice, Tamworth.*

We were delighted but not entirely surprised to hear that Barton Lane Medical Practice in Tamworth had been awarded 'Best Practice' in NSW and the NCT at the RACP 2022 State Awards.

Each year, the Royal Australian College of General Practitioners recognise the contributions made to Australian healthcare by GPs, supervisors, GPs in training and General Practices.

'Adjunct Professor Karen Price was quoted as saying: "The winners represent the some of the best and brightest general practice has to offer, and I'd like to thank and congratulate them for their inspiring efforts,"

We couldn't agree more and want to wish David, Bek and all the doctors, clinical and admin staff our sincere congratulations for a well-deserved win.

*Congrats!*

