



# July 2010

## Officers

**President:** Pete Weber, RPSGT

**President-Elect:** Nilesh Gupta, MD

**Secretary:** Michael Katzoff, MD

**Treasurer:** Lori Fredrick, RPSGT

## Board of Directors

David Arnold, RPSGT

Jaime Boero, MD

Sue Hoefs, RPSGT

Mary Meyer, RPSGT

B. Tucker Woodson, MD

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## Update from the Wisconsin Sleep Society

### FROM THE WSS PRESIDENT

Independence Day! God Bless America!

Twenty-seven percent of women complain of not getting enough sleep as compared to only 16% of men per a recent study by the Better Sleep Council (not from the Onion). If you get enough sleep you feel uplifted and upbeat. I think men feel more relaxed because they take out a few issues by exploding fireworks. Ok. Maybe not. As the fireworks get started please be safe. July is a great month in WI with many excellent activities. Sleep well and be safe during these outdoor activities. That is the message that we should be sending out to our communities this July.

This recent article in the Onion, a world famous newspaper, is not only a smile maker but in this case, very accurate.

### Good Night's Sleep Changes Nothing

ISSUE 46•12 | 03.23.10 | News in Brief  
FLAGSTAFF, AZ—Despite receiving a much-anticipated good night's rest, local man Arthur Baldwin awoke from eight uninterrupted hours of sleep Monday to the realization that he was still out of shape, lonely, and generally dissatisfied with his life

Summer time is for getting outside and being active. The more active we are the better we sleep at night. Go for a run, join a fundraising walk, swim with your family and friends, whatever you decide to do this summer is great if it is outside.

<http://www.travelwisconsin.com/> is a website that lists many activities including 13 outdoor activities. Invite your friends up from Illinois to visit the greatest state in the nation. Wisconsin. WI has over 125 locations to go horseback riding! We have a lot to offer, including one great sleep society that all of you should be a part of.

Remember to visit our blog and tell us your stories. We need to hear from all of our sleep professionals and get your feedback and ideas.

Enjoy this summer weather and get many good nights of sleep!

Pete Weber, RPSGT  
WSS President

**BELLIN CONFERENCE-Posters Wanted**  
Poster Presentations wanted for the Bellin Sleep Conference (November 4, 2010 in Green Bay). Any sleep center interested in presenting data is welcome to do so. There will be tables and an area designated just for poster presentations. Email Pete Weber at [pweber@wisleep.org](mailto:pweber@wisleep.org) if interested.

### BOARD OF DIRECTORS MEETING

The board of directors meeting was held June 17. Discussion was held regarding accepting advertising on the website. An ad hoc committee was formed to determine pricing and see what other sleep societies and similar organizations are doing. The committee will report back prior to the next meeting via email so discussion can take place at the July 22 Board of Directors meeting.

Also discussed was the presentation the WSS Board will be involved with for the Bellin Conference in November.

### WSS ELECTIONS

New officers and board members will be elected in November for all positions of the WSS. Please contact Pete Weber if you are interested in being a candidate.

### NEWSLETTER SUBMISSIONS

Now is your chance to be a published author! We welcome articles for our monthly WSS newsletter. Articles do not necessarily have to be about sleep medicine. Email [shoefs@wisleep.org](mailto:shoefs@wisleep.org)

Page 1 of 2....





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## Update from the Wisconsin Sleep Society

### FROM THE DENTIST'S CHAIR

#### PROPOSAL:

It is the family dentist who can and should be the primary source of identifying those patients at risk for OSA.

#### RATIONALE:

\* As dentists we have a long-term, 25-30 year relationship with our patients.

\* We see our patients at least twice per year, often more than that.

\* With every recall, we update the health history and medication list noting; HTN, hyperglycemia, atrial fibrillation gastric reflux, hyperlipidemia.

\* We see their gradual weight gain.

\* We feel comfortable talking with the spouse/bed partner about snoring and gasping.

\* Most Obvious- We deal with and evaluate the anatomical structures of the oral cavity i.e., vaulting of the palate, size and contour of the tongue, angulations of the teeth, arch shape, etc, etc.

#### CONCLUSION:

Dentistry plays a vital role in the multi-disciplinary care of the OSA patient.

Respectfully Submitted,  
M Sandra Casper RN, DDS  
WSS Board Member Candidate for 2011

### AURORA SLEEP EDUCATION CONFERENCE

Many of our members attended the conference in Pewaukee on June 25. Two of our board members presented.

Lori Fredrick, (WSS Treasurer) of the Diagnostic & Treatment Center of Weston, WI presented a poster titled: "CLINICAL QUALITY SCORECARD AND SLEEP CENTER BENCHMARKS DETERMINING PATIENT SATISFACTION OF SLEEP CENTER PRACTICES AND TECHNICAL STAFF EFFICIENCIES" at APSS in San Antonio earlier this month. She also presented this information in a talk at Aurora Sleep Conference last week. Patient Satisfiers are becoming more critical to sleep medicine practice as insurance companies start looking at this data.

Pete Weber (WSS President) also presented at Aurora Sleep Conference. His presentation, "STOP and Save Lives in the Post-Surgical Patient" was about assessing patients for sleep apnea to decrease post surgical complications.

### WSS ACTIVITIES

In Pete's article this month, he mentions all the great outdoor activities that take place in Wisconsin. Is anyone interested in forming a committee to have a fun run or similar activity? Or maybe just form a team from WSS to participate in a local run or walk...contact Sue Hoefs at [shoefs@wisleep.org](mailto:shoefs@wisleep.org) if you would be interested in helping get WSS a little exposure at an outdoor event.