

HEALTH

Sleep Disorder Center Comes to Nicholas County Hospital

Wavel - No More! Are you tired of being tired? There may be more than 80 sleep disorders... Sleep disorders may include: Daytime sleepiness, Morning headaches, Waking up early in the morning, Snoring or gasping during sleep, Difficulty falling asleep or staying awake, and falling asleep during driving.

During the test, you will be in a room by yourself and asked to sleep on a bed. A technologist monitors the recordings from another room. An internet is available so that you may call the technologist at any time. Don't worry if you cannot sleep during the test. The sleep deprivation will still be useful.

There was a time when my sleep apnea got so bad that I couldn't stay awake at home or at work. I often had to take a small nap in my car on my way to and from work. One time I stopped on the way home from work and put the seat down in my car for a short nap and a startle. It wasn't unusual for fall asleep in front of my computer or lay my head back against the wall and sleep at work. Everybody at work saw me falling asleep and it was very embarrassing.

How long does it take? All night approximately 8:30 p.m. - 6:00 a.m. Why is a PSG performed? Helps evaluate the cause of excessive daytime sleepiness, insomnia, or unusual sleep patterns during sleep. Sleep studies are diagnosed when a sleep disorder is suspected. If you have been experiencing any of these symptoms, we can help diagnose your problem by performing a sleep study so you can receive treatment. Nicholas County Hospital has developed a treatment center for sleep disorders now available right here at home through our local physicians Dr. Ovas Villalob, Dr. Janet Tammara, Dr. Anna Rinaldi, Dr. Jose Lomez, Dr. Stephen Beason and Dr. William McKemie.

Our Sleep Lab Disorder Center consists of a comfortable and quiet private room with a shower where patients can relax and watch television prior to settling in to bed for the night. Although patients are provided comfortable bedding, patients are encouraged to bring any bedding, pillows, pillow cases, and blankets that they feel would make their stay more comfortable which could also include a fan or small radio. "The goal" states Mr. Hirschberg, "is to create an atmosphere where the home environment away from home as possible" sleep will come easy.

Learning results: The test results will be sent to your ordering physician a few days after your sleep study. The doctor will tell you whether you need a continuous Positive Airway Pressure (CPAP) device or not. A CPAP device is a form of equipment that provides pressurized air to open your airway as you sleep. It takes some getting used to but many patients report that once they get used to it they never want to go without it because they get such a good night's sleep.

Testimonials: "CPAP treatment for my sleep has changed my life." Since being diagnosed with OSA just over 4 years ago, my life has changed happily, and that change has been great. My sleep patterns have now been developed into a wonderful and restful time. I wake up totally refreshed where previously I was running on empty, exhausted and felt like I needed more sleep. Nowadays, I actually enjoy the thought of going to bed at night. However, Parts about sleep apnea: The factors contributing to the vulnerability of Obstructive Sleep Apnea include: loud snoring, overweight by twenty

to thirty pounds, high blood pressure, congested airway or a thick, short neck. Family history of sleep apnea may also indicate that the condition is hereditary. Alarmingly, 20% of the US male population suffer from obstructive sleep apnea, which works out to about 18 million Americans, many of which remain untreated, or are unaware that they actually have the disorder.

Obstructive Sleep Apnea can lead to life threatening consequences, including heart congestion, strokes, unbalanced heart rhythms, cardiovascular disease and increased risk of being involved in a car accident. Research suggests that of those with heart failure, one third will suffer from obstructive sleep apnea. Those treated with CPAP experienced a significant reduction in the risk of their blood pressure back down to a more natural and healthy level.

Would you like your COMMUNITY NEWS Covered? Contact Melissa Mitchell at 859-289-4425 or email melissa@thecarlislemercury.com. We will be glad to cover your news!

OUR BABY GIRL, TURRIS S on Dec. 6th Happy Birthday! We love You! Dad, Mom Kayla & Kandi

Happy 50th Birthday, STEVE DUNCAN He has grown from a little boy Who loved tractors and toys To a good man! With two fine boys.

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Thank You The Annual Community Thanksgiving Dinner Committee wishes to thank everyone who helped with the Community Thanksgiving Dinner on Thursday, November 26th. More than 525 meals were served.

Thank you to all who helped with decorations, prepared food, made deliveries, gave money, helped serve, or helped with the clean-up. More than thirty (30) individuals spent the entire day to ensure a delicious Thanksgiving dinner was available to anyone who wanted a meal.

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GENERAL NEWS

Regional Jail Committee to be formed

By Charles Mattox News Reporter charles@thecarlislemercury.com Nicholas and Bourbon County officials continue to work closely together to enter into a regional jail contract. Nicholas officials decided last month to negotiate a regional jail facility contract with Bourbon, and the decision was formalized in a 4-2 vote held Nov. 10 during the fiscal court's regularly scheduled monthly meeting.

Regional Jail Committee to be formed. An earlier meeting held focused on discussion regarding the concept, but no vote was taken during that initial meeting. On a motion by Magistrate Jeff Randolph, on Nov. 10 Magistrates Mike Webb and Steve Hamilton joined Judge-Executive Larry Tinsler in voting in favor of the motion, as did Randolph. Magistrates Daryl Stacy

and Avery Thornsburg voted against it. Judge Tinsler said Monday, Nicholas County currently has a contract to house prisoners at the Montgomery County Jail for \$35 per inmate, per day, which is a four-dollar fee per inmate, per day increase from last year. Bourbon County is proposing that Nicholas County enter a contract with them at a cost of \$30 per inmate, per day, perhaps even cheaper. The committee members will establish a price per inmate per day, and other specifics of the agreement before any contract is signed.

From our discussion this I believe we will have five members each on the committee," Judge Tinsler said, noting that there would be representation from the Nicholas County Fiscal Court. The concept of a committee was strongly urged on behalf of Nicholas County Attorney Dawn Letcher during the Nov. 10 court meeting. During the Nov. 10 meeting, Letcher cautioned court members on making a motion related to particulars of a future contract and instead suggested a decision to open and begin negotiating with Bourbon County on a regional jail contract in general.

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