



PRESS RELEASE

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Tarrant County TopDoc Helps Listless Catch Elusive ZZZZs

FORT WORTH, TEXAS-When Dr. David Ostransky became certified by the American Board of Sleep Medicine in 1985, there were only 850 other physicians nationwide who specialized in the field. Today, with 55 million Americans suffering from some form of sleep disorder, Dr. Ostransky and his staff at North Texas Lung & Sleep Clinic (NTLSC) command a captive audience among the sleepless in Dallas-Fort Worth.

"It's a little known fact, but there are actually 83 different kinds of sleep disorders that cause the same symptoms," explains Dr. Ostransky, president and medical director of NTLSC. "Most people don't realize they could have a sleep disorder that could be diagnosed and effectively treated. Many have a tendency to suffer silently."

In a 24-hour society, where people of all persuasions burn the candle at both ends, Dr. Ostransky says restorative sleep has become more whimsy than reality. But, no matter how common, the consequences of continued sleep deprivation can be dire-fatigue, impaired thinking, cardiovascular diseases and metabolic changes that compromise health.

"There are a lot of studies that show some of the major catastrophes we've read about in the paper-dating back to Three Mile Island, Exxon Valdez, Space Shuttle Challenger, Chernobyl, and train accidents in New York City and Georgia-have been traced to errors committed by people who were sleep deprived," Dr. Ostransky asserts. "Sleep apnea is a

potent risk factor for cardiovascular disease, high blood pressure, heart attack and stroke."

According to Dr. Ostransky's clinical team, lower sleep quantity and quality are associated with higher hemoglobin A1C levels-an indicator of poor blood sugar control as seen in diabetes. There is also a distinct link between sleep deprivation and obesity. Science reveals that lack of sleep lowers leptin, the hormone that curbs hunger, and boosts ghrelin, the hormone that increases appetite. It also reduces energy and raises stress, leading to nervous nibbling and lack of exercise. In short, the fewer hours you sleep, the more you eat and the less you move.

Founded in 1991, NTLSC comprises both clinical and sleep study staff who evaluate patients with pulmonary and sleep disorders. The clinic receives many referrals for sleep studies and is heavily involved in clinical research for pharmaceutical companies, including current clinical trials for the treatment of chronic obstructive pulmonary disease and sleep apnea. Asked to explain the connection between pulmonary and sleep disorders, Dr. Ostransky says:

"There is a group of conditions that we refer to as Sleep-Related Breathing Disorders, and the most famous of these is sleep apnea," says Dr. Ostransky, who is also board-certified in pulmonology. "There is also a group of about five other illnesses that have to do with breathing problems that occur while you're asleep. That's really the only connection. When you don't breathe well while you're asleep, it impacts your oxygen level. There's an automatic link to a potential lung problem. Many patients with chronic lung diseases also have insomnia and sleep poorly."

NTLSC's outpatient and inpatient services are offered at two locations-Fort Worth and Southlake-and each office features a computerized sleep laboratory. Hotel-quality accommodations at the four-bedroom sleep facilities include a flat-screen television, fresh linens and a continental breakfast. Clinic hours are weekdays from 8 a.m. to 6 p.m. The sleep laboratories are open Sunday through Friday, with sleep studies starting at 8 p.m., 9 p.m. or 10 p.m. and finishing around 6 a.m. or 7 a.m. the following day. Dr. Ostransky is available on-call weekends and after hours on weekdays.

NTLSC runs two support groups for sleep apnea patients: Restless Leg Syndrome and Awake. Dr. Ostransky is also on the board of directors of the Asthma and Allergy Foundation of America. For more information about the North Texas Lung & Sleep Clinic, visit www.northtexaslungandsleepclinic.com.