



Specialist:
Ear, nose and throat consultant at Pilgrim Hospital, Michael Oko, said he and a team of other consultants set up the service with a team of consultants.

Sleep service is a success

New treatment can be used at home

MORE than 400 patients have benefited from a revolutionary new service at Boston's Pilgrim Hospital.

The sleep apnoea treatment service was launched 18 months ago to diagnose and treat the common condition sleep apnoea.

Michael Oko, ear, nose and throat consultant at Pilgrim Hospital, said he and a team of other consultants set up the service because sleep apnoea affects up to one in 25 people and can be treated relatively easily.

Sleep apnoea is a disorder where the muscles that help to hold a person's throat open relax, leading to narrowing of the airway.

To start with this causes snoring, but if the airway relaxes completely it stops the person from breathing and dis-

by Lisa Porter
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rupts their night's sleep. It can also lead to them falling asleep for very short periods during the day - including behind the wheel if they are driving.

Mr Oko said: "Of the patients we see, I would say about 11 per cent of them need surgery to cor-

rect the problems that they have. But about 77 per cent of patients can benefit from a treatment we use called CPAP."

"This is a treatment that can be done at home, where a patient uses a machine overnight which provides a continuous stream of air

pressure into their mouth to keep the airways open. It works extremely well and can transform people's lives.

"At the moment we have about 120 Lincolnshire patients using CPAP and being monitored on their progress from home using our hi-tech computer system."

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