

ADVERTISING FEATURE A GOOD NIGHT'S SLEEP

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Ear, nose and throat consultant Dr Michael Oko has been nominated for an award for his work on a sleep condition which could be responsible for a rise in motor accidents at the Middle East Hospital Awards. NA

Award for Dr not asleep on the job...

A SLEEP doctor from Boston has been recognised for his work on respiratory care.

Ear, nose and throat consultant Michael Oko, who works at Pilgrim Hospital, Boston, has been nominated for an international award for excellence in respiratory care at the Middle East Hospital Awards.

It looks at the work he has done in Lincolnshire to raise awareness of and treat people with a sleep disorder known as obstructive sleep apnoea.

He said: "This international recognition is a reflection of the team's efforts in raising public awareness of sleep apnoea, managing and

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treating it.

"This is work done both within the NHS and with the Lincolnshire Road Safety Partnership.

"This nomination will really put the work we are doing on the map and will hopefully help other countries to identify people with this condition and help to reduce road deaths."

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

This can cause snoring, but if the airway relaxes completely it stops the person from breathing and disrupts their sleep.

It can also lead to them falling asleep for very short periods during the day, dangerously including behind the wheel if they are driving.

Mr Oko has also done research into the links between the condition and road traffic accidents as well as having an article on it in the Middle East Hospital magazine which looked at how the work could benefit other countries.

● Do you suffer from a similar condition? Email daniel.james@jpress.co.uk.

...but he may have had a kip on the way to Dubai for visit

SLEEP consultant Dr Michael Oko, from the Boston-based Sleep Disorder Clinic, joined a UK Trade and Investment led visit to the Arab Healthcare Exhibition, in Dubai.

He went as part of a company specialising in treating sleep disorders to take its message to the United Arab Emirates (UAE) where rising rates of obesity are depriving the nation of a good night's sleep and resulting in a huge

rise in traffic accidents.

He said: "Levels of obesity, hypertension and heart disease are rocketing in the wealthy Middle East, mainly due to the lifestyle out there.

"Being overweight can result in snoring which is a major cause of obstructive sleep apnoea."

Dr Oko hoped to attract further attention to his message and treatment methods while he was out there.