

For Immediate Release

July 28, 2011

Carleton Place & District Memorial Hospital Foundation
Carleton Place, ON

Sleep Lab Added to the list of Services at CPDMH

CPDMH's vision is to be the *communities' leading partner in the provision of integrated healthcare services* and the organization is constantly looking at ways to better serve the residents of our community. As a result, the hospital has added a sleep lab to its list of services.

“We were receiving reports of long wait times for sleep lab services with no options close to home. This meant that our patients were waiting a long time for an important service,” stated Toni Surko, CEO of CPDMH. “We felt it was important to address the issue and we are thrilled to be able to

provide the necessary services of a sleep lab closer to home.”



Esther Houle, CPDMH's CNO/Outpatient Nurse Manager, discussing a sleep test with Dr. Marc Sherkin, Respiriologist and Sleep Disorder Specialist with Hospital Alliance Group.

The sleep lab began providing services on June 21st and is operating in the Hospital's Ambulatory Care Department from 9 pm – 6am, Monday – Friday. The lab is designed to conduct overnight sleep studies to help diagnose a wide range of sleep disorders, from insomnia and sleep apnea to snoring, narcolepsy and night movement disorders such as restless limb movement. As the demand for the service increases, it is expected that the hours will be expanded to include the 7 nights of the week.

The service is being conducted in partnership with the Hospital Alliance Group which was formed to increase healthcare services to communities that could benefit from having multi-disciplinary specialists. The main objective of the company is to help provide diagnostic services to hospitals that might not have access to sleep and other specialists.

“The Hospital Alliance Group is very excited to be working with CPDMH to provide sleep lab services to the community. We know that sleep disorders affects 15-20% of the population and if left untreated, can result in high blood pressure, diabetes, stroke, heart attack, impotence, depression and arrhythmias. Sleep disorders patients also have daytime sleepiness which increases motor vehicle accidents, work related accidents, poor job performance and decreased quality of life,” stated Lino DiNardo, Director of Corporate Development for the Hospital Alliance Group. “If you're snoring, have daytime sleepiness or any of the disorders I have mentioned, please consult your physician for a sleep test. Our Specialists looks forward to helping you manage any sleep related ailments and will provide guidance in the treatment of such disorders.”

A referral from your family physician is needed for the sleep lab so please talk with your doctor if you have any concerns about how your sleeping patterns may be affecting your health.

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