



# SCOTTISH ASSOCIATION FOR SLEEP APNOEA NEWSLETTER

## FROM THE CHAIR.

Again Welcome !

The absence of the newsletters over the last months has given cause for concern and following the establishment of the Management Committee at the AGM, it was agreed that the newsletter should be given a degree of priority.

Due to the break in publication it is perhaps timely to refresh our memories as to why SASA was founded. The aims and objectives of SASA are laid down in our constitution and state that the objects of

the Association shall be:-

- 1). The advancement of education for the public benefit, in relation to the medical condition known as Sleep Apnoea.
- 2). The promotion of scientific research into Sleep Apnoea by the National sleep Laboratory and the subsequent dissemination of the results of such research undertaken and.
- 3). The provision of support to sufferers of Sleep Apnoea and their families..

So how have we fared over the last 15 years ? Certainly I think that the public is more aware of the condition but perhaps the time has come for us to be more vocal after a relative quiet time. Research continues but probably the aim most appropriate to the members is that of support.

Unfortunately the only local group which is at all active is the Borders Group. I would like to hear from anyone who is prepared to devote time and energy to starting - or resuscitating - a local group. I would be happy to come along personally to help set up such groups.

It is my hope that we can now move forward as a more dynamic and vibrant organisation.

Jean W M Gall Chairman. SASA.

## SPRING ISSUE 2010

### Inside this issue:

Inside Story SASA NOTES FROM THE AGM	page 2
Inside Story DVLA DRIVING AND SLEEP APNOEA	page 3
SOME USEFUL ADDRESSES	page 3
Inside Story STOP SNORING AND THE NEXT ISSUE	page 4

### Points of interest

- What do YOU want from the Association ?
- How can we help with the setting up of a local group near you ?
- Tell us of the problems you find most annoying.
- As a motorist how does SA. effect your insurance and your driving license ?

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# SLEEPWELL

TO ALL OUR READERS FROM YOUR NEWS LETTER TEAM.

## **NOTES ON THE 2009 AGM. HELD IN STIRLING. 10<sup>th</sup>. OCT.2009**

After a formal opening the meeting broke into three groups to discuss the needs and thoughts of members, Mark Lincoln is to publish the results later, the main points were to raise awareness with the use of leaflets and posters, and by encouraging Sleep Clinics to notify newly diagnosed patients of the existence of the SASA. One of the most important topics was that of communication or lack of it.

It was at this point that a Mr. Harry Purser Head of Health Intelligence – NHS Lothian Board, provided explanations and remedies to a number of problems we all face, so his comments will be of immense help to the Committee in the coming year.

Mr. Mark Lincoln then gave his presentation promoting more communication to members with the use of the website and the internet, a positive move into the 21<sup>st</sup>. Century for the SASA, but where possible not neglecting members who do not have IT facilities.

The encouragement of member Groups around Scotland and helping them overcome their problems.

Mrs. Jean Gall gave an update of the SASA petition to Scottish Parliament which is calling for them to increase awareness, promote proper diagnosis and treatment, and provide sufficient resources to tackle the health problems associated with sleep apnoea including undertaking a review of the funding for sleep centres, particularly in Edinburgh and Glasgow. The SASA is very grateful to Christine Grahame (SMP - SNP – South of Scotland.) who is lobbying on our behalf.

The formal proceedings were completed with reports from the Chairman, the Secretary the Treasurer, the Trustees and the Membership Secretary and the election of new officers. A vote of thanks with a small gift was given to Donald Swanson the outgoing Treasurer in gratitude for his tireless work for the SASA over these many years,

The SASA officers elected are :-

The President – Prof. Neil Douglas ( Edinburgh )

Chairperson – Mrs. Jean Gall. Vice Chair – Alex Munro Wallace.

Treasurer - Scott Elliot. Secretary – Ray Walker.

Membership Secretary - John Paul. Web Master. - Mark Lincoln .

Trustees in post are – Dr. Tom MacKay – David France ( retiring ) and Joan Tyler. The committee is seeking legal advice regarding trusteeship of the SASA. This is in order to bring everything up to date with new Scottish Charity Laws. **SASA is a charity registered in Scotland - number SCO23352.**

A very big thank you to all of the management team for all the work they do on our behalf throughout the year.

*From the Editor's notes.*

To see ***an American view*** on sleep apnoea go to:- [www.sleepapnea.org](http://www.sleepapnea.org)

### ***Communications update***

Lets together save our trees and reduce the amount of paper we use.

Please send your e-mail address to

John Paul < [memeshipscreary@scottishsleepapnoea.co.uk](mailto:memeshipscreary@scottishsleepapnoea.co.uk) >

and allow us to send the Newsletter and other SASA information or notices via your e-mail address.

We will not pass your details to any other party.

## **Driving and Sleep Apnoea**

The DVLA require drivers who are diagnosed sufferers of Sleep Apnoea to advise them of their condition.

You can get information and download the appropriate form from the DVLA website

Many of our members are concerned about getting vehicle insurance, and how Sleep Apnoea will affect their premiums. We contacted the Association for British Insurers to get a definitive response. Their advice is that there should be no effect on insurance premiums for drivers who have Sleep Apnoea and are receiving treatment and who have informed the DVLA and have been given permission to drive. Your insurance company must also be notified of the condition.

***This is important to remember as it could invalidate your insurance and your driving license if not reported to the DVLA and your Insurance Co***

### **SOME USEFUL ADDRESSES**

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### **CHECK OUT OUR WEB NEW SITE**

Mark Lincoln has now updated our web site. Thank you Mark.

[www.Scottishassociation.sleepapnoea](http://www.Scottishassociation.sleepapnoea)

### ***This is your Association***

Please do feel free to contact any us with your queries thoughts and ideas.

#### **Disclaimer.**

The views expressed in this newsletter do not necessarily reflect the views of the management committee or of the SASA.

## National Stop Snoring Week

**19 - 24 April 2010**

**"It's not me it's the house that's causing my snoring"**

This year during National Stop Snoring Week you will be able to visit our unique **interactive house** where you will be taken through every room to discover just how many of our most innocent possessions can be the cause of snoring. For the latest news, media enquiries, product samples, leaflets & posters please visit.. <http://www.britishsnoring.co.uk/nssw2010/>

### *FOR THE NEXT ISSUE*

Please can we have some comment or articles that will be of help to members, particularly new members, with the proper distribution of the new leaflets and posters we are proposing I think we will see a big influx of new members over this coming year.

It is the newly diagnosed patients who can best appreciate the support of a group of like-minded people. So this year it is intended that more groups are formed in areas around Scotland, particularly areas away from the central belt.

The Highland area is very well served by Raigmore Hospital, with regular appointments for patients and their equipment is regularly serviced ! !

The Staff there have offered to display literature and posters in the clinic and the hospital also has a small Patient Health Advisory Office on the ground floor in the outpatients café, specifically to advise and distribute literature, they are very keen to get more information on our Association for this office.

So watch this space – if you have suggestions for a group or to refresh a group near you please do let us know, just a quick phone call could set the ball in motion.

If you have ideas that would help but did not manage to get to Conference then please again a quick phone call would really help.

#### *OTHER USEFULL INFORMATION*

[www.britishsnoring.co.uk](http://www.britishsnoring.co.uk)

[www.sleepfoundation.org](http://www.sleepfoundation.org)

[www.britishsleepfoundation.org.uk](http://www.britishsleepfoundation.org.uk)

[www.talkaboutsleee.com](http://www.talkaboutsleee.com)

[www.british-sleep-society.org.uk](http://www.british-sleep-society.org.uk)

[www.letstalksleep.com](http://www.letstalksleep.com)

[www.scottishsleepapnoea.co.uk](http://www.scottishsleepapnoea.co.uk)

[www.sleepfoundation.org](http://www.sleepfoundation.org)

#### ***Some reading suggestions***

***THE PHANTOM OF THE NIGHT BY T. Scott Johnson, Jerry Halberstadt, Colin e. Sullivan***

***THE PROMISE OF SLEEP by William c. Dement, MD, PD***

***STOP YOUR HUSBAND FROM SNORING by Derek S. Lipman, MD***

***CLINICIANS' GUIDE TO SLEEP MEDICINE by Prof. Neil J Douglas published by Arnold***