

As seen in *Good Housekeeping*,
Redbook, and *Woman's Day*

NORTHSHORE Healthcare Profiles



Sleep apnea? Me? My child?

You'd be surprised. Sleep apnea affects up to 25 percent of adults, from older, overweight men, to young, slender women, and 2 to 3 percent of young children. Know the signs and take action. Your health depends on it.

In adults, sleep apnea triples the risk of developing high blood pressure. It increases the risk for heart disease, stroke, diabetes, and dementia.

Obesity, too.

Obesity is a known risk factor for sleep apnea, but research now shows that it's a two-way street: sleep apnea disrupts the body's ability to regulate appetite and metabolism, making it easier to gain weight, and harder to lose.

Among children, sleep apnea can impair neuro-cognitive development and stunt growth. Early research indicates that these effects may be irreversible.

Sleep apnea increases the production of urine, so bedwetting is common among children. And adults can experience the need for frequent urination during the night.

Dr. Lisa Shives of Northshore



Lisa Shives, MD,
Diplomate of the
American Board of
Sleep Medicine and
an official spokesperson
for the American
Academy of
Sleep Medicine

"No child should be diagnosed with a behavioral or learning disability without first being tested for a sleep disorder."

— DR. SHIVES

Sleep Medicine dedicates her practice to identifying and treating adult and pediatric sleep disorders, and assures that, in a high percentage of cases, effective relief is near at hand.

IS IT SLEEP APNEA?

Suspect this dangerous condition if you observe one or more of the following symptoms:

ADULTS

- Snoring
- Pauses in breathing
- Excessive daytime sleepiness or fatigue
- Frequent nocturnal urination
- Sleepwalking/Sleep talking
- Kicking or twitching
- Difficulty falling asleep or staying asleep
- Memory problems
- Morning headache

CHILDREN

- Snoring
- Learning or Behavioral problems
- Large tonsils
- Stunted growth
- Obesity
- Bedwetting (over age 5)



Could it be a sleep disorder? Call to schedule an evaluation today.

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"I was exhausted for two or three years, and suspected sleep apnea, but because I'm in my thirties and of average weight, my primary care doctor dismissed the possibility," says Kati Spaniak. Kati sought out Dr. Shives, who helped her recognize symptoms of apnea in her daughter Leia as well. For Leia, adenoidectomy and tonsillectomy solved the problem. Kati found relief with a CPAP device.