

PRESS RELEASE

Weinmann Symposium: Effects of Sleep-Related Breathing Disorders on Biomarkers of Systemic Illnesses

Date: 10 April 2008

For better understanding of the connections between and treatment of metabolic syndrome, heart disease and sleep-related breathing disorders

Lübeck – Sleep-Related Breathing Disorders (SRBD) are closely connected to a number of systemic illnesses. Severe heart failure, for example, shows a strong correlation to Cheyne-Stokes breathing. The same applies to arteriosclerosis, hypertension and diabetes. Experts are currently debating the possible negative influence of sleep-related breathing disorders on lipid metabolism.

At a satellite symposium sponsored by the medical technology company Weinmann at the 49th convention of the German Association for Pneumology and Respiratory Medicine (DGP) in Lübeck, experts in cardiology, pneumology and somnology presented their findings and research results on this topic. "Biomarkers of systemic illnesses can provide valuable help in the diagnosis of sleep-related breathing disorders and the chronic ailments associated with them," said Dr. Martina Bögel, Director of Science & Research at Weinmann. "A deeper understanding of these diseases helps us to make better diagnoses and to provide the best possible treatment. As a result, patients enjoy improved quality of life and increased life expectancy."

High prevalence with systemic illnesses

A sleep-related breathing disorder such as obstructive sleep apnea is not simply a troublesome problem that disturbs bedmates but a serious systemic illness. Some 2 to 4% of the entire population is affected by sleep-related respiratory disorders or about four million people alone in Germany. Among patients with certain systemic illnesses, the ratio is considerably higher. Approximately 40 to 50% of adipose patients suffer from sleep-related respiratory disorders, along with 20 to 30% of people with hypertension and about 20% of those with Type II diabetes. Of patients with Cheyne-Stokes breathing, a particularly severe form of sleep-related respiratory disorder, about 40-50% also have moderate to severe heart failure (NYHA II-IV). Among the patients with severe chronic heart failure whose condition has been stabilized with modern treatment methods, more than 70% suffer from sleep-related respiratory disorders.

Appropriate therapy is a must

"When you look at these figures and know the enormous psychological strain on patients with these disorders, it is immediately clear that adequate treatment of SRBD is a must," said Dr. Bögel. This is in no way a trendy complaint but a systemic illness with severe consequences. As the symposium lectures showed,

■ **Germany** ■ Weinmann Geräte für Medizin GmbH+Co.KG · P.O.Box 540268 · D-22502 Hamburg · Kronsaalweg 40 · D-22525 Hamburg · E: info@weinmann.de · www.weinmann.de · T: +49-(0)40-5 47 02-0 · F: +49-(0)40-5 47 02-461 · T: +49-(0)40-5 47 02-102 Intern. Sales ■ Weinmann Diagnostics GmbH+Co.KG · Doerriesweg 3 · D-22525 Hamburg · T: +49-(0)40-5 47 02-0 · F: +49-(0)40-5 47 02-530 · E: info@weinmann-diagnostics.de · www.weinmann-diagnostics.de ■ Center for Production, Logistics, Service · Weinmann Geräte für Medizin GmbH+Co.KG · Siebenstücken 14 · D-24558 Henstedt-Ulzburg · T: +49-(0)4193-88 91-0 · F: +49-(0)4193-88 91-450 ■ **Switzerland** ■ G. Weinmann AG – Neuenhof · T: +41-(0)56-416 41 11 · E: info@weinmann.ch · www.weinmann.ch ■ **France** ■ Weinmann S.A.R.L. – Paris-Igny · T: +33-(0)1-69 35 53 20 · E: info@weinmann-france.fr · www.weinmann-france.fr ■ **Asia-Pacific** ■ Weinmann (Asia-Pacific) Co.Ltd. – Bangkok · T: +66-(0)2-7 63 67 00 · E: info@weinmann-asia.com · www.weinmann-asia.com ■ **Australia** ■ Weinmann (Australia) Pty. Ltd. – Melbourne · T: +61-(0)3-95 43 91 97 · E: info@weinmann-au.com · www.weinmann-au.com ■ **New Zealand** ■ Weinmann (New Zealand) Ltd. – New Plymouth · T: +64-(0)6-7 59 22 10 · E: info@weinmann-nz.com · www.weinmann-nz.com ■ **China** ■ Weinmann GmbH+Co.KG (Shanghai Rep. Office) · T: +86 10 65 88 51 35 · E: info@weinmann-asia.com · www.weinmann-asia.com

many biomarkers can be positively influenced by effective treatment of SRBD. "Sleep-related breathing disorders should be considered more often in the future when patients are being treated for heart disease, obesity, arteriosclerosis or diabetes," Dr. Bögel added. "When we know more about this interaction, we can treat more people successfully." Weinmann offers specialized therapeutic devices with highly intelligent algorithms and system solutions that range from sleep diagnostics to comfortable state-of-the-art ventilation masks.

(3216 characters)

Press Contact:

Weinmann Geräte für Medizin GmbH+Co.KG ■ Kronsaalsweg 40 ■ 22525 Hamburg ■ Germany

Juliane Papendorf ■ Press Officer

T: +49 (0)40-5 47 02-562 ■ F: +49 (0)40-5 47 02-469

E: j.papendorf@weinmann.de ■ www.weinmann.de