

## OTHER SERVICES OFFERED:

Asthma Evaluation and Management

Chronic Obstructive Pulmonary Disease (COPD) Evaluation and Management

Restrictive Lung Disease Evaluation and Management

Occupational Lung Diseases Assessment and Management

Spirometry (Lung Function Testing)

Body Plethysmography

Bronchoscopy (Lung Biopsy/Fluid Drainage)

Six Minute Walk Test

Oxygen Level Assessment

Oxygen Prescription for Air Travel

Exercise Capacity Assessment

Allergy Assessment and Care

General Wellness Consultations

Intensive Care Management

Intravenous Treatments

Virtual Consultations

**Headed by Dr. Michelle Trotman**  
Consultant Internist, Intensivist  
Pulmonologist & Sleep Physician



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Breathe Well  
Sleep Well and  
Live Lung Clinic  
Offers the Caribbean's Premier

**SLEEP**



**CLINIC**

We take pride in caring  
for our patients for life.

## What is Sleep Apnea?

The Greek word "apnea" literally means "without breath". There are three types of apnea: obstructive, central and mixed; of the three, obstructive is the most common.

Despite the difference in the root cause of each type, in all three, people with untreated sleep apnea stop breathing repeatedly during their sleep session, sometimes hundreds of times during the night and often for up to a minute or longer.

Sleep apnea is very common, as common as other adult afflictions such as diabetes and affects more than twelve million Americans according to the National Institute of Health. Risk factors include being overweight and being over the age of thirty five. Sleep apnea can strike anyone at any age, even children. Sleep apnea is serious, potentially life threatening condition that is far common than generally understood.

Untreated, sleep apnea can cause high blood pressure and other cardiovascular disease, memory problems, weight gain, impotency and headaches. Moreover, untreated sleep apnea may be responsible for job impairment and motor vehicle crashes. Fortunately, sleep apnea can be diagnosed and treated. Several treatment options exist and research into additional options continue.

## Sleep Apnea Test Questions

Do you snore?	YES	NO
Do you need a doctor?	YES	NO
Have you ever been told that you stop breathing or gasp during sleep?	YES	NO
Do you have high blood pressure?	YES	NO
Do you want to lose weight?	YES	NO
Do you want to improve sexual relationships?	YES	NO

**If you answered "YES" to any of those questions, we can be of assistance and it is recommended that you have us conduct an evaluation.**

## Our Method to Manage and Treat Sleep Apnea

The Breathe Well Sleep Well and Live Lung Clinic offers general medical care for our patients by doing the following:

- Clinical interventions with a doctor who gives assistance, advice and testing.
- Counseling (i.e. individual, group or telephone)
- Behavioral therapies.
- Treatments with more person-to-person contact.
- Use of medications and devices which have been found to be effective for treating Sleep Apnea.

Breathe Well Sleep Well and Live Lung Clinic knows that the combination of medication and environmental modifications is very effective in treating Sleep Apnea and thus uses a multidisciplinary approach a 100% success rate for treatment of Sleep Apnea.

**"Helping our patients live a more satisfying and healthy life."**