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Vantage® Sleep Diagnostic Services Expands into NY through Successful Partnership Model

WESTFIELD, NEW YORK – Vantage®; a regional leader innovative health care offerings has expanded diagnostic sleep services to Westfield Memorial Hospital in Westfield, NY. Vantage® has partnered with the hospital to manage the daily operations of the new, open referral, sleep lab within the constraints of the hospital. The Vantage® team combined, has over 50 years of experience with sleep disorders management. Polysomnography, the gold standard for confirming the diagnosis of obstructive sleep apnea, is the method utilized in all Vantage sleep laboratories.

As an affiliate of Saint Vincent Health System in Erie, PA, Westfield Memorial Hospital now offers direct access to highly specialized care. The latest state-of-the-art offering of the two-bed, sleep lab under the medical direction of Dr. Alexander B. Gelfer, FACP, FCCP, FAASM further benefits patients and their access to care.

Obstructive sleep apnea is a significant medical problem affecting middle-aged adults with resonating health effects when left untreated. Some health issues related to sleep apnea include; obesity, high blood pressure, diabetes, depression and hypertension. The most common complaints are loud snoring, disrupted sleep and excessive daytime sleepiness. Patients with apnea suffer from fragmented sleep and may develop cardiovascular abnormalities because of the repetitive cycles of snoring and airway collapse. Although most patients are overweight and have a short, thick neck, some are of normal weight but have a small, receding jaw. Many patients are not aware of their heavy snoring and nocturnal arousals and for that reason, many go undiagnosed. When should you ask your doctor for a sleep study? Warning signs and symptoms of sleep apnea include but are not limited to:

- **Frequent silences during sleep** due to breaks in breathing (apnea)
- **Choking or gasping during sleep** to get air into the lungs
- **Loud snoring**
- **Sudden awakenings** to restart breathing or waking up in a sweat
- **Daytime sleepiness** and feeling un-refreshed by sleep, falling asleep at inappropriate times

Vantage Sleep Staff and Westfield Memorial Hospital will hold an **OPEN HOUSE CELEBRATION** to showcase the new sleep lab on January 15th 2010 from 4:00pm until 6:00pm. For more information please call or e-mail Maggie Armstrong, LPN, RPSGT Director of Sleep Services at 814-337-0000 x 2327 or maggiea@vhcn.com.

For over a half a century, Westfield Memorial Hospital has provided high quality healthcare to residents of Western New York.

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