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DIAGNOSING, TREATING AND MANAGING SLEEP APNEA IN HEART FAILURE PATIENTS

Heart Failure and Sleep Apnea as Comorbidites: Prevalence, Recent Research, Diagnosis and Long Term Risk

SAN DIEGO (Sept. 14, 2010) – The 14th Annual Scientific Meeting of the Heart Failure Society of America (HFSA) will feature a discussion titled “Sleep Disorders: Does Everyone with Heart Failure Snore?” presented by Dr. Stephen S. Gottlieb, Professor of Medicine, University of Maryland School of Medicine. Dr. Gottlieb’s discussion will focus on prevalence, interventions and interactions of sleep apnea and heart failure.

Sleep apnea is a sleep disorder characterized by abnormal pauses in breathing or instances of abnormally low breathing during sleep. Sleep apnea is as common as adult diabetes, and affects more than 12 million Americans. Major risk factors for sleep apnea include being overweight, being over the age of 40 and having high blood pressure. These risk factors are also contributing risk factors for heart failure.

In his presentation, Dr. Gottlieb will discuss the bi-directional nature of the interaction between sleep apnea and heart failure. Patients with heart failure are predisposed to periodic irregular breathing, but sleep apnea also exacerbates heart failure. Treatment of both the heart failure and sleep apnea can improve quality of life and affect other outcomes.

“Co-diagnosing heart failure and sleep apnea presents a unique challenge, as the diseases arise from similar risk factors and present similar symptoms,” said Dr. Gottlieb. “Moving forward, it’s crucial that we continue to learn more about the interaction between sleep apnea and heart failure. It is possible that treatment of sleep apnea will improve heart failure outcomes, and new technologies and treatments may be more effective.”

Dr. Gottlieb is a Professor of Medicine at the University of Maryland School of Medicine, where he directs the Cardiomyopathy and Pulmonary Hypertension Service and the Clinical Research Program in Cardiology. He has published extensively regarding the interaction between congestive heart failure and comorbidities, such as renal failure and depression. Dr. Gottlieb’s investigations center on the physiology and treatment of congestive heart failure.

For a complete list of annual meeting sessions or for details on attending the conference, call (617) 226-7183 or visit www.hfsa.org and click on Annual Scientific Meeting. There is no registration fee for
accredited journalists. Interview areas will be available on-site in addition to a fully-staffed press room with phone and internet accessibility. You may follow news from the meeting on Twitter #HFSA

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**About Heart Failure**
Heart failure is a progressive condition in which the heart muscle becomes weakened after it is injured, most commonly from heart attack or high blood pressure, and gradually loses its ability to pump enough blood to supply the body's needs. Many people are not aware they have heart failure because the symptoms are often mistaken for signs of getting older. Heart failure affects from 4.6 to 4.8 million individuals in the United States. Demographic and clinical evidence strongly suggests that the prevalence of heart failure will increase throughout the next decade. Ten to 15 years ago heart failure was considered a "death sentence;" however, recent advances in treatment have shown that early diagnosis and proper care in early stages of the condition are key to slowing, stopping or in some cases reversing progression, improving quality of life, and extending life expectancy. For more information on heart failure, please visit [www.abouthf.org](http://www.abouthf.org).

**About the Heart Failure Society of America**
The Heart Failure Society of America (HFSA) is a nonprofit educational organization, founded in 1994 as the first organized association of heart failure experts. The HFSA provides a forum for all those interested in heart function, heart failure research and patient care. The Society also serves as a resource for governmental agencies (FDA, NIH, NHLBI, CMS). The HFSA Annual Scientific Meeting is designed to highlight recent advances in the development of strategies to address the complex epidemiological, clinical and therapeutic issues of heart failure. Additional information on HFSA can be found at [www.hfsa.org](http://www.hfsa.org).