

Re: Sleep Apnea Treatment, do-it-yourself?

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From: TimR (timothy42b_at_aol.com)

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Griffin <nospam@here.net> wrote in message news:<2004063000255975249%nospam@herenet>...

> On 2004-06-29 09:19:13 -0400, timothy42b@aol.com (TimR) said:

>

>> *I think my wife has sleep apnea. Our doctor says it sounds likely but*

>> *she can't get treatment without going through a sleep study, and we*

>> *can't get in until November.*

>>

>> *So, how hard is it to find one of those CPAP machines? Maybe on eBay?*

>> *Any harm in trying it? Or is this a really bad idea for reasons that*

>> *haven't occurred to me?*

>

> *Correct treatment starts with accurate diagnosis. 'Nuff said.*

Well, really not nearly enough said. This aphorism leaves out multiple implicit assumptions.

For example, are there multiple types of apnea, for which different treatments are chosen? Are there similar conditions likely to be mistaken for apnea, which would require different treatments? Is there any benefit to the CPAC type machine, given no apnea at all? Any harm?

There are many medical conditions for which accurate diagnosis is neither cost effective nor desired. When is the last time we speculated for cold or flu? Normally no extra benefits accrue. Yet clearly there are many conditions where the wrong diagnosis would be catastrophic. Is "sleep apnea" one of these? If not, then not 'nuff said yet.