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**FOR IMMEDIATE RELEASE**

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### **Treating Sleep Apnea May Be Key to Managing Diabetes, Weight**

**LANHAM, Md.**—About 60 percent of people with diabetes have sleep apnea, which inhibits breathing during sleep, while about 40 percent of people with obesity also have sleep apnea, according to healthysleep.com. Identifying and treating sleep apnea in people could help them manage symptoms of their diabetes or weight gain and improve their quality of life.

The Doctors Community Hospital Sleep Center will address the crucial relationship between these conditions in “The Connection: Diabetes, Weight Loss and Sleep Apnea Seminar” Feb. 25 from 6:30 to 8 p.m. in the DSE Room on the fifth floor of the Ambulatory Surgery Building behind the hospital (8118 Good Luck Road, Lanham, Md.).

During the seminar, Dr. Rodney Ellis, an internist specializing in bariatric medicine, will discuss sleep deprivation and increased appetite, while Dr. Karl Finley, endocrinologist and medical director of the Joslin Diabetes Center, will discuss diabetes, obesity and the importance of nutritional awareness. In addition, professionals from the sleep center will answer questions and offer guidance.

Launched in 1996, the sleep center today performs more than 2,000 sleep studies each year and provides CPAP treatment, or respiratory ventilation therapy, for sleep apnea to more than 600 patients annually. At least 40 million Americans experience chronic, long-term sleep disorders, and an added 20 million have occasional problems with sleep, according to the National Institutes of Health. The sleep center conducts overnight and daytime studies to help diagnose a wide range of sleep disorders, including sleep apnea, narcolepsy, periodic limb movement disorder, restless leg syndrome and behavior disorders during sleep.

The seminar is open to the public and includes light refreshments. For more information or to reserve your seat, email [rsvp@dchweb.org](mailto:rsvp@dchweb.org) or call 240-529-7307.

**Doctors Community Hospital** ([www.DCHweb.org](http://www.DCHweb.org)) is a 186-bed acute care medical and surgical hospital. Founded in 1975 by leading physicians in Prince George’s County, the hospital has continued to be in the forefront in providing state-of-the-art medical care while remembering the elemental human touch.