

Editorial

Vanakkam. This issue of the journal, besides the usual sections, carries a special section on "Obstructive sleep apnoea". "An interview with a stalwart" highlights the meeting with Prof. V. Shantha, gynaecologist and oncologist, Magsaysay awardee and a doyen among cancer specialists in India.

In assisted reproduction, at what size to trigger ovulation is often a debatable issue. An original article on "Follicular size and oocyte's maturity" outlines the author's observations in an Assisted Reproduction programme.

Obstructive sleep apnoea is a multi systemic disorder with impact on several bodily functions.

Several review articles bring out the patho physiology and management of obstructive sleep apnoea. This section was coordinated and edited by Prof. Mathangi Chandrasekhar.

Sleep is probably the most important voluntary body function which has an impact on almost every other system in the body. Lack of quality sleep is a universal phenomenon. Almost everyone is affected at some time or other. However, chronic lack of sleep is common among many of the upwardly mobile group of technocrats, bureaucrats, businessmen, professionals, politicians and their like. Many of these professionals have excessive day time sleepiness, lack of freshness, morning headaches, which affect their performance at the work place as well as personal life. All these put together with apnoea spells during sleep results in a disorder called obstructive sleep apnoea (OSA). Our current day erratic lifestyle, highly stressed work environment, sedentary life style leading to obesity, further compounds the occurrence of obstructive sleep apnoea. In addition, the craniofacial anatomy with narrow airway among Asians further increases the prevalence of sleep apnoea among Indians.

Though we have significant publication in this area from the west, there is dearth of information from our country. There is a lack of awareness of these disorders among physicians as well as public. Hence this issue concentrates on the various aspects of sleep apnoea.

The 1st article reviews the international guidelines and status on the diagnosis, pathophysiology and treatment of OSA as well as several of the co morbidities commonly associated with the disorder.

The 2nd article deals with the treatment aspects from an ENT perspective and the 3rd Dental perspective. The 4th article addresses this disorder in detail from an anaesthetic perspective. Untreated OSA can lead to high blood pressure, uncontrolled diabetes, heart attack, strokes, even heart failure. The cardiovascular morbidity and OSA is explained in the 5th article.

OSA gets compounded with other respiratory ailments and most interesting of it is the COPD, called the overlap syndrome described in the 6th article.

Adults with sleep apnoea have increased day time sleepiness; however children with sleep apnoea are hyperactive. OSA also affects cognition. Hence identification and treatment of this condition should start early. The 7th article details sleep apnoea from a paediatrician's perspective.

Sleep apnoea has also been identified in the west as one of the main causes for vehicular accidents and increased economic burden. We hope this issue of CHC Medical Journal, updates and enhances your knowledge on sleep apnoea.

Two case reports from the Dental College discuss the problem of Diastema and Dental Implants.

Vaccination has been one of the greatest advances in modern medicine which has helped save millions of lives. An article from the pages of history outlines the discovery of small pox vaccine. The usual column Medical Update suggests taking curry to avoid metastasis and has many more useful information from all over the world. Hope you enjoy going through the journal and give us your valuable feedback.



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