



For: Immediate Release

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Contact: Priya Kumar

Phone: 732.632.1528

NJ Neuroscience Institute at JFK Medical Center Hosts Free Pediatric Sleep Center Tour

Edison, NJ -- Most people are aware of sleep disorders such as sleep apnea and how they impact adult lives, but most aren't aware that sleep disorders can occur in our youngest population – infants, children, and young adults. Until recently, this population was often overlooked when it came to the study and treatment of sleep disorders. The Pediatric Sleep Center at New Jersey Neuroscience Institute, an affiliate of JFK Medical Center in Edison, NJ, is changing all that.

Okey P. Anene, MD, Director of the Children's Neurological Center comments, "Sleep disorders in the younger population have often gone overlooked. Issues such as Sudden Infant Death Syndrome (SIDS) were considered unrelated, when in fact there may be a connection to sleep apnea. Symptoms such as irritability, fatigue, even hyperactivity were often regarded as youthful behaviors when in fact they can be indicators of serious sleep and health issues." Anene notes that sleep disorders can impact children's ability to function during wake times, as well as impact long-term health and wellness. "For issues such as sleep apnea and SIDS, death can be a very real threat." adds Anene.

Early and accurate diagnosis, preventative measures, and treatment are essential to managing sleep disorders. Anene comments that sleep disorders can show themselves in a number of ways, including:

- Bedtime resistance
- Snoring
- Noisy or troubled breathing
- Breathing through ones mouth
- Difficulty in falling or staying asleep
- Night terrors
- Sleep walking
- Bed-wetting.
- Excessive sleepiness
- Hyperactivity
- Irritability
- Difficulty in school
- Weight gain

"Sleep disorders in the youngest population are more far-reaching than some might anticipate," notes Dr. Anene. Approximately one-fifth to one-quarter of all children suffer from some form of a sleep disorder.

"There are many reasons why a young person may have a disorder which is why it is important to have a multi-disciplinary approach for proper evaluation and treatment as it allows the disorder to be reviewed from many different perspectives."

The Pediatric Sleep Disorder Center at the New Jersey Neuroscience Institute offers a multi-disciplinary center dedicated to children and young adults. The Center provides resources for the evaluation and management of a full range of sleep concerns, from the most common disorders to the most rare.

The sleep lab is equipped with state-of-the-art digital monitoring devices. Technologists provide round-the-clock observation and monitoring. The rooms are designed to be kid-friendly. In addition, parents are able to spend the night in an adjacent bed in the child's room.

The Sleep Disorder Center at New Jersey Neuroscience Institute was established in 1999 under the previous directorship of Arthur S. Walters, MD. Dr. Sudhansu Chokroverty is Professor and Co-Chair of Neurology and is now the Program Director of Neurophysiology and Sleep Medicine and is also world renowned in Sleep Medicine. He has authored 19 books and is Founder and Editor-in-Chief of the journal *Sleep Medicine* and President of the World Association of Sleep Medicine. Dr. Divya Gupta is an Assistant Professor of Neurology with added qualification in neurophysiology and board certification in Sleep Medicine; Dr. Michael Seyffert is a Pediatric Neurologist, Assistant Professor of Neurology and board eligible in Sleep Medicine.

The staff at the Center includes physicians board certified in sleep medicine, board certified pediatric neurologists, nurse clinicians, registered polysomnographic technologists, psychologists, and social workers. Pediatric pulmonologists, pediatric cardiologists, pediatric critical care physicians, pediatric general surgeons, and ear, nose and throat surgeons are readily available as consultants.

The New Jersey Neuroscience Institute at JFK Medical Center is a comprehensive facility designed exclusively for the diagnosis, treatment, and research of complex neurological disorders in adults and children. Services offered at the Institute include programs in spine and brain tumors, dizziness and balance disorders, epilepsy, cerebral palsy, stroke and movement disorders. Please attend our FREE pediatric sleep tour with your child for more information.

Date: Thursday, March 12, 2009
Time: 5:00pm – 7:00pm
Location: JFK Medical Center – NJ Neuroscience Institute
65 James Street, Edison, NJ 08820
To Register: Please call Debbie Testa at 732.321.7000 at extension 66585

For more information on the New Jersey Neuroscience Institute, call 732-321-7010 or visit the facility online at www.njneuro.org.

Okey P. Anene, MD, is the Director of the Children's Neurological Center at the NJ Neuroscience Institute at JFK Medical Center.

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JFK Medical Center, an affiliate of Solaris Health System, is a 535-bed full-service, acute care hospital, consisting of The Anthony M. Yelencis Community Hospital and the adjacent JFK Johnson Rehabilitative Institute. Located in the heart of Edison, NJ, it has remained at the forefront of quality care in the region since its inception in 1967. Today, JFK accommodates more than 20,000 admissions, 3,000 births and 50,000 Emergency Room visits on a yearly basis. The Medical Center features a complete array of services, including general surgery, emergency medicine, mental health, orthopedics, maternity and pediatric care. It is home to the New Jersey Neuroscience Institute, Regional Cancer Center, Haven Hospice, JFK Imaging Center and the JFK Family Practice Center. Affiliated with UMDNJ -Robert Wood Johnson Medical School and Seton Hall University School of Graduate Medical Education, JFK offers residency programs in physical and rehabilitation medicine, family practice and dentistry.