



My name is Dr. James Ross, founder of The Sleep Apnea Center of Novi. I always appreciate referrals for patients who may possibly have sleep related breathing disorders such as obstructive sleep apnea (OSA).

Here are a couple of my recent referrals:

- 1) Mary (68), had her first stroke 12 years ago. Her husband had left her two months after her stroke, upon which she then lost her business and her home. She had her second stroke in March of 2020. Mary has been on multiple blood pressure medications, has acid reflux, anxiety and depression. No referral for evaluation of OSA has been made until recently.
- 2) Mario (53), was married with three teenage children. At the prodding of his wife, he made an appointment with us to evaluate his sleep. Due to his risk factors, a sleep test was ordered. He was still convinced he had no issues sleeping. His sleep test was positive for moderate OSA in August of 2019. He died in his sleep in November of 2019.

These are a few of the referrals we have received and how our patients find their way to us. Although I appreciate these referrals from you, most are very obvious ones where the person is obese, fatigued, had a heart attack, stroke, etc. What if we caught these patients in the early stages before the damage had been done to the body? Before the heart attack, before the stroke? What if we screened and identified risk factors for OSA of less obvious patients that slide through the medical cracks for years? What if we could go back in time and change those lives of your patients? What would it mean to them?

Sincerely,

Dr. James C. Ross

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