



S'Newzzzzzzzzzz

Spring 2010

A publication of The Medical Center Sleep Center

Educational Opportunities

Sleep medicine and sleep technology is a relatively new field of healthcare. You don't have to travel to a three-day seminar four hours away to get continuing education, however — we have several educational opportunities in Bowling Green for both healthcare professionals and the public.

The Bowling Green Technical College now has a program devoted to polysomnography. The course is two semesters and graduates receive a certificate in polysomnography. The next session begins January 2011, so if you or someone you know is interested, please contact Ken McKenney at (270) 901-1127.

There is an excellent place for sleep professionals (RT, RPSGT, or MD) to receive continuing education (1 CEC per month) for FREE! This has been offered in the area for over five years and meets regularly on the first Thursday of every month from 7-8 a.m. in the Medical Conference Room (next to Subway) in The Medical Center at Bowling Green. Dr. Michael Zachek coordinates the Sleep Journal Club and current topics in Sleep Medicine are discussed. Other presenting physicians may include Dr. Randall Hansbrough, Dr. Douglas Thomson, Dr. Wesley Chou, Dr. Walter Warren, Dr. Nisar Kazimuddin,

and Dr. Gul Sahetya. These physicians present current, cutting edge journal articles from well-known sources such as *The New England Journal of Medicine*, *The American Journal of Respiratory and Critical Care Medicine*, *The Journal of Sleep Medicine*, and the journal *Sleep*, among many others. Very special thanks to Dr. Zachek and the contributors for making this possible for the rest of the sleep professionals in Bowling Green! Please contact Ken McKenney at (270) 796-6846 if you have any questions.

The public has two opportunities to hear a variety of specialists speak on a monthly basis. There are two area support groups: SoKy A.W.A.K.E. (fostered by the American Sleep Apnea Association) and Restless in SoKy (Restless Legs Syndrome Foundation). They take place simultaneously in the conference room at The Medical Center Sleep Center on the first Thursday from 5-6 p.m. Please contact The Medical Center Sleep Center for information at (270) 796-6559.

As the sleep field grows, you can count on the sleep professionals of Bowling Green to keep Southcentral Kentucky advanced and up-to-date in the arena of education.

Support Group Spotlight



Our A.W.A.K.E. group continues to meet on the first Thursday of each month. We have a special speaker and a time of sharing at each meeting. We always have refreshments provided by a different vendor each month and a door prize. For more information, call Ken McKenney at 796-6559 or toll free (877) 700-4070. Send e-mails to kdmckenney@chc.net.

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RLS Support Group

We invite everyone who thinks they may be affected with Restless Leg Syndrome to join us for Restless in Southern Kentucky Support Group. You may contact us by phone at The Medical Center Sleep Center at 796-6559 or toll free (877) 700-4070 or you may e-mail us at sokentucky@rlsgroups.org.

S'Newzzzz is a publication of The Medical Center Sleep Center. The information in this publication is not intended for the purpose of personal medical advice which should be obtained directly from a physician. Please call toll free 1-877-700-4070 with your comments or questions.

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