

Acute Services Division

Emergency Care and Medicine Services Directorate

Department of Respiratory Medicine

DR. CARLIN'S RESPIRATORY CLINIC

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Clinic 04/01/2013
Dictated 04/01/2013
Typed 24/01/2013
Your Ref
Our Ref CC/CM
Enquiries to 0141 211 3482

Dr Louise Taylor-Kavanagh
Drs Campbell
246 Argyll St
PA23 7HW

Dear Dr Taylor-Kavanagh

Robert Leitch ~ 15/08/1977 ~ CHI: 1508773076 ~ CRN: 64597456K
01 Pier Road, Royal Brae, Innellan, PA23 7TE

Many thanks for referring this young gentleman who I think quite likely has obstructive sleep apnoea syndrome.

He is overweight, he does smoke and he previously took alcohol to excess and prominent snoring, choking awakenings, unrefreshing sleep, poor concentration and day time sleepiness have been long lying problems, much worse over the last 3-4 years. There has been some partial improvement as he has achieved 3-stone weight loss and cut back his busy split shift working as a chef in a hotel. He now works 2am-2.30pm and 6-10.30 pm. He falls asleep uncontrollably in the afternoon and he will often be asleep in bed shortly after his shift is finished.

There is no nasal trouble. Oropharynx isn't overtly crowded. His teeth aren't very healthy. BMI is 36 and a weight of 121 kilos today. Collar size is 19 inches. Epworth sleepiness score was 20/24. Blood pressure was 122/94.

I have of course advised on further weight loss. I have also said he must stop smoking. I explained the suspected diagnosis to him and discussed the possibility of treatment. Given the travel distances we will arrange to investigate him as an over night inpatient to stay in the sleep room in the coming weeks. If this confirms sleep apnoea we will proceed on to initiate CPAP the following morning and I will write with an update after all of that.

Currently he doesn't drive but he is aware of the responsibilities should that change in future.

Yours sincerely,

A handwritten signature in black ink, appearing to be 'Chris Carlin', written over a horizontal line.

Chris Carlin
Consultant Physician