



FOR IMMEDIATE RELEASE

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**TIRED OF FEELING TIRED? LEARN ABOUT SLEEP DISORDERS
AND TREATMENT OPTIONS AT JUPITER MEDICAL CENTER**

JUPITER, Fla. (March 1, 2013) – Jupiter Medical Center is offering community members some “sound advice they can sleep on,” with a week-long lecture series in recognition of National Sleep Awareness Week, March 3-10, 2013.

An estimated 50-70 million American adults suffer from a sleep disorder. The lecture series at Jupiter Medical Center aims to educate attendees about sleep apnea, how certain health conditions affect sleep, as well as showcase the newest equipment and services available. Lectures begin March 4:

Combating The Hidden Dangers Of Sleep Apnea

Discover the hidden health hazards of sleep apnea, an insidious sleep-related breathing disorder associated with heart disease, stroke, weight gain, and diabetes, and other disease processes.

Featuring **Jose A. DeOlazabal Jr., DO**, Board Certified, Sleep Medicine and Board Certified, Pulmonologist, and **Rahul Aggarwal, MD**, Board Certified, Cardiologist.

March 4, 2013 | 6 p.m. - 7:30 p.m. | Raso Education Center - Clarke Auditorium, North Meeting Room

Sleep Center CPAP Equipment Fair

Come and see the latest CPAP and BiPAP systems, masks and accessories in one place in one evening. Local and national dealers, manufacturers and providers of PAP equipment and masks will display and demonstrate their latest systems and services.

March 5, 2013 | 6 p.m. - 7:30 p.m. | Raso Education Center - Clarke Auditorium

Treating Sleep Apnea Without A Mask

CPAP is not the only answer to treating sleep apnea. Join us for an informative discussion about alternative treatment options, including the effectiveness of dental appliances.

Featuring **Kenneth A. Mogell, DMD**, General Dentistry.

March 7, 2013 | 6 p.m. - 7 p.m. | Raso Education Center - Clarke Auditorium

Lunch & Learn: How Diabetes & Weight Gain Affect Sleep

Join us for an informative lunch and learn about how effectively treating sleep apnea and getting adequate sleep can help you lose weight and reduce your risk and severity of diabetes. A complimentary screening for sleep apnea and diabetes will be held at 11:30 a.m. (**lecture begins at noon**).

Featuring **Jose R. DeOlazabal, MD**, Board Certified, Sleep Medicine and Board Certified, Pulmonologist.

March 8, 2013 | 11:30 a.m. - 1 p.m. | Raso Education Center - Clarke Auditorium

Space is limited. Registration is required for all lectures. Visit www.jupitermed.com/events or call (561) 263-2628.

Jupiter Medical Center's Sleep Center is the only hospital-based facility in Palm Beach and Martin counties accredited by the American Academy of Sleep Medicine. The Sleep Center provides a comprehensive program specifically designed to evaluate and treat all types of sleep-related disorders with quality care and commitment. For more information, visit www.jupitermed.com/sleep-center or call (561) 744-4478.

About Jupiter Medical Center

A not-for-profit 283-bed regional medical center consisting of 163 private acute care hospital beds and 120 long-term care, sub-acute rehabilitation and Hospice beds, Jupiter Medical Center provides a broad range of services with specialty concentrations in oncology, imaging, orthopedics & spine, digestive health, emergency services, lung & thoracic, women's health, weight management and men's health. Founded in 1979, the medical center has approximately 1,500 team members, 520 physicians and 700 volunteers. Jupiter Medical Center is the recipient of the HealthGrades 'America's 50 Best' Award™ for three years in a row (2011-2013) and the Distinguished Hospital Award – Clinical Excellence™ for nine years in a row (2005-2013). For more information on Jupiter Medical Center, please call (561) 263-2234 or visit www.jupitermed.com.

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