

If you are interested in the ABC Study

A Research Coordinator can be available to meet with you at your next sleep center appointment to discuss the project and answer your questions.

- Or -

leave your contact information in the envelope with the receptionist

Please contact me.

I am interested in learning more about the clinical research study to compare CPAP therapy (non-surgical) and weight loss management to bariatric Lap-Band surgery.

Name _____

Address _____

City, State, Zip _____

Email _____

Phone _____



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Funded by
National Institutes of Health



National Heart
Lung and Blood Institute
People Science Health



ABC STUDY

Have you been diagnosed with severe Sleep Apnea?

Are you also overweight?

Improving sleep
&
Improving health



What is the ABC Sleep Study

The Brigham and Women's Hospital and the Beth Israel Deaconess Medical Center are conducting a clinical research study comparing two treatments for sleep apnea.

- **Non-surgical:** CPAP (continuous positive airway pressure therapy) and weight loss counseling
- **Surgical** bariatric gastric band surgery (for weight loss)

Sleep apnea:
A condition where your breathing stops in your sleep
a common problem for those who are overweight

Sleep Apnea can negatively affect your health and along with being overweight can increase the risk of diabetes, high blood pressure, heart disease, reflux disease and depression as well as daytime sleepiness.

Who can participate?

We are looking for participants who have a BMI 35-45, have severe obstructive sleep apnea & Willing to receive either CPAP therapy or bariatric surgery

- Between the ages of 18-65 years
- A body mass index (BMI, a measure of body weight) of 35-45 (an elevated weight),
- Stable medical condition
- Severe sleep apnea - a high number of breathing pauses on a sleep study.

What are the benefits?

- General health information about your sleep and your sleep patterns
- Treatment for your sleep apnea either through a continuous positive airway pressure device (CPAP) or bariatric surgery
- A year of healthy lifestyle counseling – education, assistance in improving diet, exercise and sleep.



What is involved in participating in the ABC Trial?

At least 2 overnight visits in a clinical research unit -

- An overnight sleep study; some blood tests, and other tests related to your health.
- Clinical follow-up visits and telephone calls by the research staff