



NEWS

ANTELOPE VALLEY'S
HEALTHCARE
NEWS RESOURCE

FOR IMMEDIATE RELEASE

Contact: Julie Triggs
Office: 661-949-5530 Cell: 661-433-9543
julie.triggs@avhospital.org

ANTELOPE VALLEY HOSPITAL OPENS NEW SLEEP DISORDERS CENTER

(LANCASTER, CA – December 1, 2009) — Antelope Valley Hospital (AVH) recently celebrated the grand opening of the new Desert Hills Sleep Disorders Center in partnership with Doddanna Krishna, M.D., Young Ko, M.D. and Ravi Shankar, M.D. Desert Hills is located in the Antelope Valley Outpatient Imaging Center (AVOIC) on the AVH campus.

Sleep disorders affect about 30 million Americans and contribute to obesity, heart disease and diabetes. The lack of sleep also contributes to 100,000 auto accidents and 1,500 deaths in the U.S. each year. "If left untreated, sleep disorders can not only result in the complication of co-morbid diseases, but can be especially dangerous to commuting residents of the Antelope Valley," said Desert Hills Sleep Disorders Center manager and UCLA sleep research team member, Edwin M. Valladares, M.S.

A patient's connection with the sleep center will not end after one night's visit. "The exceptional staff at Desert Hills will maintain an ongoing relationship with patients to assist them in any way possible as they embark on the road to healthier sleep. We are raising the bar of sleep related care through personal care and four star hotel-quality rooms and amenities," said Valladares.

The center features up-to-date Polysomnography, which is the continuous collection of physiological measures during sleep. The data is processed by board registered Polysomnography technologists and reviewed by doctors to diagnose and treat sleep disorders. Sleep disorders include, but are not limited to, obstructive sleep apnea, restless leg syndrome, narcolepsy, night terrors, excessive daytime sleepiness and chronic snoring. Sleep studies are conducted from 8:00 p.m. to 6:00 a.m. with a doctor's referral. For more information, contact the Desert Hills Sleep Disorders Center at (661) 949-5858.

(-more-)

"Desert Hills is the latest improvement in healthcare offered by Antelope Valley Hospital," says Edward Mirzabegian, Antelope Valley Hospital Chief Executive Officer. "Antelope Valley residents now have a safe, comfortable environment where they can seek help with sleep disorders."

For more information about Antelope Valley Hospital, visit our website at www.avhospital.org

About Antelope Valley Hospital

Celebrating more than 50 years of caring for the community, Antelope Valley Hospital, a facility of Antelope Valley Healthcare District, is a non-profit, 420-bed hospital that was founded in 1955. The hospital is dedicated to providing quality care and services to everyone in the Antelope Valley. AV Hospital is located at 1600 West Avenue J in Lancaster, California. For further information, please visit www.avhospital.org or call 661-949-5000.

#