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[Cor Pulmonale](#)

April 15, 2011 by [ted story](#)

From the New York Times

Cor pulmonale is failure of the right side of the heart caused by long-term [high blood pressure](#) in the pulmonary arteries and right ventricle of the heart.

Causes

Normally, the left side of the heart produces a higher blood pressure in order to pump blood to the body. The right side of the heart pumps blood through the lungs under much lower pressure.

Any condition that leads to prolonged high blood pressure in the arteries of the lungs (called pulmonary hypertension) puts a strain on the right side of the heart. When the right ventricle is unable to properly pump against these abnormally high pressures, it is called cor pulmonale.

Almost any chronic lung disease or condition causing prolonged low blood oxygen levels can lead to cor pulmonale. A few of these causes include:

- [Central sleep apnea](#)
- [Chronic obstructive pulmonary disease](#) (COPD)
- Chronic thromboembolic pulmonary disease
- [Cystic fibrosis](#)
- [Interstitial lung disease](#)
- [Kyphoscoliosis](#)
- [Obstructive sleep apnea](#)
- [Pneumoconiosis](#)
- [Primary pulmonary hypertension](#)
- Pulmonary vascular disease
- Secondary pulmonary hypertension

Treatment

Treatment is directed at the illness that is causing cor pulmonale. ***Supplemental oxygen may be prescribed to increase the***

level of oxygen in the blood.

There are many medicines available to treat cor pulmonale.

- Bosentan or sildenafil may be given by mouth.
- Calcium channel blockers are often used to treat early cases.
- Prostacyclin may be given through injection or breathing in (inhalation).

Blood thinning (anticoagulant) medications may also be prescribed. Surgery may be needed to reverse heart defects that cause the condition. In very advanced cases, a heart and lung transplant may be advised.

Cor Pulmonale

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Video Chat Anyone?

February 16, 2011 by [ted story](#)



CHALFONT, Pa. — (BUSINESS WIRE) — [Telikin](#), the easy to use and virus-free personal computer, will be unveiled at the Consumer Electronics Show (CES) January 6-9, 2011. The alternative PC comes with pre-loaded applications and an integrated menu of the top ten personal interest functions, including video chat, photo sharing, email, local and national news, address book, weather, calendar, shopping, games and health sites, all in a sleek, touchscreen design.

The out of the box ready to use computer is designed to offer a friendly option to baby boomers and older that are looking for the Internet experience without the frustration of current personal computers.

“With its intuitive and structured menu of applications and clear-cut user interface, Telikin is the first computer truly made for baby boomers and older,” praised Dr. Jean Coppola, professor at Pace University. “Gerontechnology studies how seniors interact with computers and Pace University is at the forefront of this research. We have been studying this field for over five years and testing various computers, nothing comes close to Telikin.”

The Census Bureau reports there are more than 46.5 million consumers over the age of 60 and the baby boomer generation, those now 44-62 constitute make up approximately 25% (76 Million) of the total US population. By the year 2012, people age 50 and older in the United States will number 100 million people. The new concept of Telikin is launching into an untapped, eager market. Sales are expected to exceed one million by 2012.

“Our passion is to bring a simple, yet fully functional computer to consumers that don’t require business applications,” said Fred Allegrezza, president and CEO of Telikin. “The initial reaction to the product has been tremendous, specifically because we have captured the top functionality of PCs including video chat, photo sharing, email and social media, minus the viruses, pop-ups and overwhelming number and costs of applications.”

According to the [Pew Research Center’s Internet & American Life Project](#) (August, 2010), social networking among Internet

users ages 50 and older nearly doubled from 22% in April 2009 to 42% in May 2010. In that time period, social networking use among Internet users age 50-64 grew by a huge 88%. And those 65 and older grew a whopping 100% from 13% to 26%.

Telikin, priced at \$699.99, comes with its software fully installed, ready to go out of the box with 24/7 customer support and is currently available online and will be available at national retail stores the end of Q1 2011. For more information about Telikin, please contact Ted Story at (715) 587-2793

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[Keep Grandma and Grandpa in the Technology Loop](#)

January 19, 2011 by [ted story](#)

Grandma and Grandpa technically challenged?

Try the new email machine

Presto Printing Mailbox and Presto Mail Service



Presto is a combination of the Presto Printing Mailbox and Presto Mail service.

only
\$99.99

Buy Now
60-day money
back guarantee

as low as **\$12.50***
per month

Sign-Up Now

Presto Printing Mailbox

- Quality design and manufacture by HP
- Specially designed to be easy to use by those who are “tech-shy”
- Includes HP 95 Tri-color ink cartridge, starter paper pack and 25’ phone cord
- One year hardware warranty

Presto Mail service

A subscription to the Presto Mail service is required to operate the Presto Printing Mailbox. A subscription to the Presto Mail service costs as low as \$12.50 per month when purchased as part of an annual service plan for \$149.99—no contract is required. Service is also available on a monthly basis for \$14.99 per month.

- No spam, ever!
- No checking for email— messages are printed automatically
- Email is transformed into beautifully formatted e-letters and printed in color
- Attach digital photos and PDF documents
- Send from any email program, email-capable cell phone or PDA
- Free articles, puzzles and games available from major publishers and authors
- More than 30 colorful templates turn your email into greeting cards, calendars, and e-letters

* When purchased as part of an annual service plan for \$149.99 — no contract required, cancel anytime and receive a pro-rated refund for the unused portion of the subscription period. Service also available on a month-to-month basis for \$14.99. Fees payable at time of service activation. Pricing or product specifications are subject to change without prior notice.

Additional subscription to Presto Mail service is required for Printing Mailbox to operate. To sign up for the Presto Mail service, contact me.

“ This product was worth every dime. I would recommend it to anyone. — Nicole, Mississippi ”

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[Screen for Sleep Apnea made Easy](#)

January 17, 2011 by [ted story](#)

From Respiratory Reviews.com

BERLIN QUESTIONNAIRE FOUND TO BE EFFECTIVE IN SPECIFYING RISK FOR SLEEP APNEA.

Cleveland - New findings support the efficacy of the Berlin Questionnaire, the first sleep apnea screening survey designed specifically for use in primary care settings. “We think the questionnaire is a reasonable starting point for primary care physicians to begin to think about sleep apnea,” said Kingman P. Strohl, MD, one of the study authors, in a recent interview with Respiratory Reviews.

Richard P. Millman, MD wholeheartedly agrees. “This well-designed study shows that simple self-administered patient questionnaire is an excellent way of identifying patients at high risk for sleep apnea who might benefit from sleep testing for that condition,” he wrote in an editorial. Dr. Millman is with the Division Pulmonary, Sleep, and Critical Care Medicine at Rhode Island Hospital in Providence.

Read more at: [Click here for more information](#)

Keep in touch

Posted in [Uncategorized](#) | [Leave a Comment](#) »

[More Technology for NE Wisconsin](#)

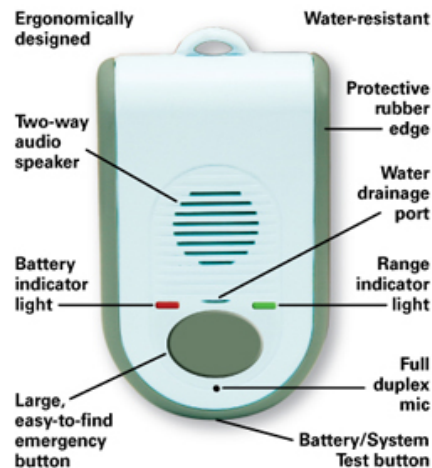
January 3, 2011 by [ted story](#)

Another Great Fall Detection Product – Contact me with any questions.

As low as \$29.95 per month

Our MediPendant's™ personal emergency response system is the medical alert device that provides professional assistance at the touch of a button. There are no telephone numbers to look up, and no need to dial the phone. With MediPendant's™ two-way voice technology, simply press the button, and communicate with an EMT-certified operator directly through the pendant.

- Speak and listen to the operator directly through the pendant.
- Easy installation/User friendly.
- Operates anywhere from 300 feet to 600 feet in or around the home.
- Water-resistant – may be worn in bath or shower.
- Can be worn around the neck, clipped to your belt, or around your wrist.
- Battery provides up to six hours of talk time and up to one year of stand-by time.
- 24/7 monitoring with EMT-certified professionals.



- Bi-lingual equipment and operators available.

How It Works

When the large button on the pendant is pressed, a telephone call is made to an EMT-certified emergency operator.

The operator will immediately dispatch medical personnel or a loved one to your location. They will also contact anyone that you have listed on your custom call list.

If you are concerned about a loved one, a friend, or anyone who is living alone, or may need assistance in an emergency, then it's time for MediPendant™. It will provide you with the most important thing... peace of mind.

MediPendant – the only monitored medical alert system that allows you to speak and listen directly through the pendant.
MediPendant – the Most Advanced Medical Alert System on the Market Today.

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New Technology now Available

December 24, 2010 by [ted story](#)

Read below for new technology available from Ted Story. Call or email with questions.

Merry Christmas!

Sonamba keeps seniors safe at home by keeping track of their daily activity, medication routines and appointments. It even acts as a digital photo frame.

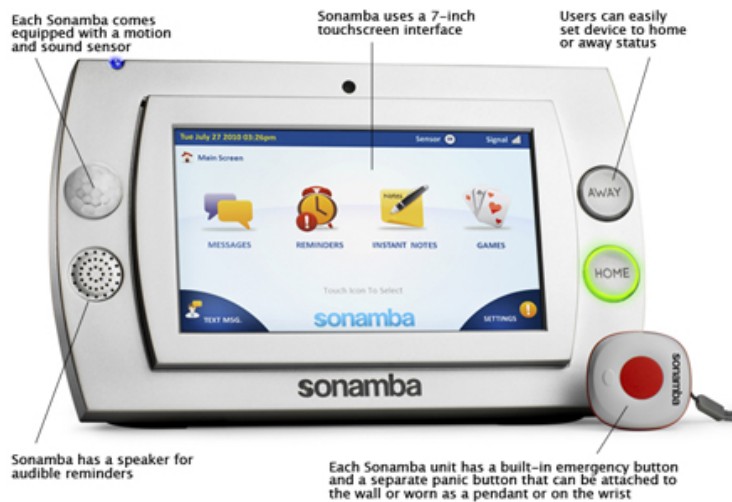


Sonamba, from pomdevices, is a Wellbeing Monitoring System for seniors living independently. Sonamba periodically sends seniors' wellbeing status alerts to caregivers and includes senior-oriented Personal Emergency Response, Medication Reminders, Social Communications and Games.

Sonamba is packaged as a user-friendly, aesthetically pleasing digital photo frame with touchscreen interface and built-in cellular connectivity. It is designed to be a part of everyday living — empowering seniors as well as their caregivers to live life on their own terms.

System Highlights

- Wellbeing Alerts to Caregivers
- Personal Emergency Response System
- Social Communications
- Automated Medication & Calendar Reminders
- Digital PhotoFrame
- Games
- Caregiver access thru iPhone App and Web



How Sonamba Works

Sonamba monitors motion and sound activity, sending out periodic “All is well” or “Attention needed” alerts to Caregivers’ and Support Circle members’ cellphones.

If the panic button is pressed, Sonamba will notify the primary caregiver; if primary caregiver is not available, 911 could be called next. Meanwhile all caregivers will be notified via text messages.

Sonamba reminds Seniors of their appointment and medication routines. Primary caregivers can be notified if a medication or an appointment is missed.

Video

Please click [here](#) to video an introductory video for Sonamba.

Posted in [Uncategorized](#) | [Leave a Comment](#) »

The Case for Long Term Oxygen Therapy (LTOT)

December 14, 2010 by [ted story](#)

The following information is for informational purposes only. It is not intended to be used as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this article. If you are suffering from a medical condition, please seek the advice of your physician.

The following was provided by the American Thoracic Society and the European Respiratory Society.

They conducted an extensive study in 2004 called:

“Standards for the Diagnosis and Management of Patients with COPD”

Management of COPD: Long Term Oxygen Rx

Key Points

- Long term oxygen therapy (LTOT) improves survival, exercise, sleep, and cognitive performance.
- Reversal of hypoxaemia supersedes concerns about carbon dioxide (co2) retention.
- Arterial Blood Gas (ABG) is the preferred measure and includes acid-base information; arterial oxygen saturation as measured by pulse oximetry is adequate for trending.
- Oxygen sources include gas, liquid and concentrator.
- Oxygen delivery methods include nasal continuous flow, pulse demand, reservoir cannulas and transacheal catheter.
- Active patients require portable oxygen.
- Withdrawal of oxygen because of improved PaO2 in patients with a documented need for oxygen may be detrimental.
- Patient education improves compliance.

Rationale

LTOT reverses hypoxaemia and prevents hypoxia, and has been shown to improve life expectancy in patients with chronic lung disease.

A British Research Council (MRC) study compared hypoxaemic patients receiving oxygen for 15 hours per day, including the hours of sleep, with patients receiving no oxygen. This trial demonstrated that oxygen was associated with a significant reduction in mortality. The Nocturnal oxygen Therapy Trial (NOTT), comparing continuous oxygen therapy (average 19 hours per day) with therapy for 12 hours per day, including the hours of sleep, demonstrated a further reduction in mortality using continuous oxygen.

The mechanism for improved survival has yet to be completely delineated, but pulmonary haemodynamics appear to play a role. Oxygen therapy has been accompanied by a modest yearly decline in pulmonary artery pressure. Pulmonary vascular resistance may be decreased in acute response to oxygen if the patient is nonoedematous, but not in patients with oedema.

Continuous oxygen therapy reverses secondary polycythemia, improves cardiac function during rest and exercise, reduces the oxygen cost of ventilation, and improves exercise tolerance and quality of life.

Posted in [Uncategorized](#) | [Leave a Comment](#) »

[Screening for OSA -Can It Be Easier Than We Think?](#)

December 8, 2010 by [ted story](#)

Obstructive Sleep Apnea (OSA) is defined as a condition in which a person has episodes of blocked breathing during sleep.



ng sleep.

Normally the muscles in the upper part of the throat help keep the airway open and allow for the free flow of air through the nasal

openings and into the lungs. Even though these muscles typically relax during sleep, they remain open to allow the air to flow.

In Obstructive Sleep Apnea the muscles in the throat relax far too much during sleep and completely closing the airway. This obviously prevents air from getting into the lungs thereby causing a condition of the body not receiving the needed Oxygen. In many cases these episodes last longer than 10 seconds (called Apnea) with multiple occurrences happening over the course of the night's sleep.



An Apnea (Cessation of breathing) will typically end with a sudden attempt to breathe with a GASP, SNORT or an all out loud snore typically causing an awakening (even if you don't remember it). Now multiply this one event by 20, 30, 50 or in many cases a hundred plus times in any given night you can understand why someone with OSA might show signs of being tired through the course of the day.

A person who has OSA usually snores right after falling asleep (and ladies, this isn't just about the guys either). The snoring continues for a while and often times grows louder. It is then typically followed by a long silent period during which there is no breathing, no air flow to the lungs, no air flow to the brain, no air flow period and this pattern will repeat itself many times throughout the night.

What are SOME of the symptoms of OSA? Well the easy one is excessive daytime sleepiness. Note, I stated excessive, and that will mean different things to different people. However, if you find yourself at work sitting in front of your computer screen dozing off on a regular basis I think that would qualify. Another possible symptom is awakening tired in the morning. This is understandable given the description of the nightly events provided above. If you were cutting off airflow to your vital organs a hundred plus times a night do you think you would be ready to face the day full of energy? There are other symptoms as well and I will cover those in future posts.

Now the question is – **HOW DO YOU KNOW IF YOU OR YOUR LOVED ONE HAS OSA?**

Many studies have been conducted over the years and all come to similar conclusions, there are simple, inexpensive, diagnostic ways to screen people for OSA. One form is called the Berlin Questionnaire. This is a simple 10 question screening tool where the success of identifying OSA is very high – in one study conducted in Cleveland Ohio office staff gave the questionnaires to 1,000 patients among five primary care physicians. Of the 1,000 surveys, 744 showed symptoms of sleep apnea. Overall, about 30% of the respondents had signs of OSA.

Did you know...

- 75% of Severe Sleep Disorder Breathing remain undiagnosed?
- Approximately 42 million adults have sleep disorders.
- Asthma has (20 million) Diabetes has 23 million.
- Approximately 50% of Heart Failure patients have sleep disorders.
- 43% of patients with mild OSA and 49% of patients with severe OSA have HYPERTENSION.

Sleep Disorders are one of the most under diagnosed hazards we live with.

Contact me if you would like more information on the Berlin Screening or others.

Thanks for your time and please share this with your family, friends and co-workers.

Until the next time... breathe good!

Until the next time...breathe easy!

Ted

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[Introduction to Obstructive Sleep Apnea](#)

December 2, 2010 by [ted story](#)

fatigued during the day?

Do you or your spouse snore?

Is your neck size greater than 17" (Male) or greater than 16" (Female)?

Watch the video and then give me a call.

If you can answer yes to anything of the following – talk to your Doctor about conducting an Overnight Pulse Oximetry.

- Daytime fatigue
- Dry mouth or sore throat upon awakening
- Headaches in the morning
- Trouble concentrating, forgetfulness, depression
- Night sweats
- Restlessness during sleep
- Sexual dysfunction
- Snoring
- Sudden awakenings with the sensation of choking or gasping
- Difficulty getting up in the morning

Do you suffer from any of these symptoms? If so, you could have OSA or Obstructive Sleep Apnea.

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[H E A L T H C O U N S E L O R S](#)

How Do You Test Your Coumadin (Warfin) Range?

November 29, 2010 by [ted story](#)

As a patient on Coumadin (Warfin), you know the importance of regular PT/INR testing to make sure your PT/INR values are



within therapeutic range. But here's something you may not know. Many patients receiving anticoagulation therapy test themselves, in the comfort of their own home. Even while at work or on vacation!

Self testing is safe and convenient for you, and it gives your doctor more frequent test results to help guide the course of your treatment.

mdINR PTINT Home Monitoring Service

We offer this complete and easy self testing service, as ordered by your physician. mdINR supplies everything you need including

- The small convenient testing device
- All necessary testing supplies, and
- Face to face training, designed to help you successfully test your PT/INR value at home.

We even coordinate with Medicare or your private insurer to determine your eligibility for reimbursement, so you don't have to worry about it.

Getting Started

Once you and your doctor decide that PPT/INR testing is right for you, mdINR takes care of the rest in four easy steps:

1. Insurance Verification -

We will contact your insurance company to determine the extent of your coverage and your responsibility for any deductibles or co-payments.

2. Training You in the PT/INR Testing Device.

Then, moving forward, we come to your home to train you on the convenient, palm sized easy to use testing device

3. Sending you Supplies

We will mail you the required test strips and replace any defective devices.

4. Support

24 hours a day, we are available to answer your questions and provide technical support

24 hours a day, we are available to answer your questions and provide technical support.

How it Works

after each at-home test you will send the results to us using your choice of phone, email or internet portal. We send those results to your doctor immediately for timely review. Then your doctor will discuss any changes in treatment directly with you.

Call us today for more information at (715) 732-7030

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