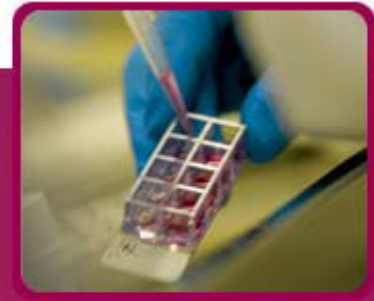


# 2009 Medical Innovation Summit

Improving the Prognosis: Cancer Cures Through Innovation



## Top 10 Medical Innovations of 2010

*Using state-of-the art technology and evaluating next-generation products has long characterized care provided at Cleveland Clinic. Which are the up-and-coming technologies and which will have the biggest impact on health care in 2010? This is a question that has been asked by Cleveland Clinic physicians and researchers ever since George Crile, one of Cleveland Clinic founders, wrote about the “invisible coin of infinite satisfaction” after he realized that one of his patients was restored to health through one of his inventions.*

### 7 Outpatient Diagnosis of Sleep-Related Breathing Disorders

Sleep apnea has historically been assessed by means of an all-night sleep study called a polysomnogram, which is performed at a hospital-based sleep disorder laboratory. While the patient sleeps, a clinician monitors a patient’s brain activity, eye movement, muscle activity, breathing and heart rate, and oxygen levels.

The problem is that as public awareness of sleep apnea and other sleep disorders increases, there are not enough sleep centers to meet the burgeoning demand for diagnosis. The waiting list for a sleep study can often stretch for weeks. But that is now changing with the introduction of special at-home testing devices that are patient-friendly and relatively cost-effective, as well as highly accurate and very reliable. Another benefit: Patient testing is performed in the comfort of their own bed, whenever they want to be tested.

“These new devices fulfill an unmet need for screening, diagnostic, treatment assessment, and patient follow-up possibilities in the medical management of sleep-related breathing disorders,” says Michael Roizen, MD, Chief Wellness Officer, Cleveland Clinic. “These home sleep studies can be every bit as effective as what one would expect from traditional sleep labs.”