

**Blum CL, Mersky JA. Sleep apnea and anemia, is there a relationship? 2nd Annual Sacro Occipital Technique Research Conference Proceedings: New Orleans, LA. 2010:66-9.**

**Introduction:** This study is questioning whether a clinical relationship exists between sleep apnea and (prior undiagnosed) anemia. The following case represents characteristic similar to a subset of patients seen in this office who have presented with history of sleep apnea. A 66-year-old female presented with chronic fatigue (5-year duration), cervical spine, and TMJ dysfunction along with sleep apnea.

**Methods/Treatment:** Due to her complex presentation laboratory analysis was performed noting elevated glucose levels, elevated hemoglobin A1C, low RBC count, low hemoglobin, and low hematocrit, iron levels were on low side, low neutrophils, and elevated lymphocytes. Sacro-occipital technique (SOT) cranial sutural TMJ care was utilized including category two treatment and cervical stairstep adjustments. The patient co-treated with a dentist and was using a day and nighttime dental appliance.

**Results:** Patient's fatigue improved significantly within two-weeks of beginning treatment. While the cervical spine and TMJ dysfunction improved at the two week mark she did not have complete resolution until one-month, initially seen twice a week for three-weeks. Her anemia improved showing increased RBC production, hemoglobin, and hematocrit findings.

**Conclusion:** The relationship may be between sleep apnea and anemia is unclear but maybe related to a hypoxia and erythropoietin feed-back loop.

