

# NEWSLETTER

—————> Neurology Sleep Centre

## ABOUT NSC

Founded in 2008 in New Delhi by Dr. Manvir Bhatia, Ex Prof AIIMS, N Delhi, with 30 years of experience. The vision being to provide services related to Neurology and Sleep related issues under one roof, being a ONE-STOP solution.

This includes consultation, and appropriate testing for neurological disorders (EEG, Nerve testing etc) and sleep studies, Pap devices for those with Sleep disorders.



**Dr. Manvir Bhatia**

## About: Dr. Manvir Bhatia ✦

Dr. Bhatia, a seasoned medical professional with over 35 years of experience, holds an MD in Medicine and a DM in Neurology. As a distinguished Senior Neurologist and Sleep Specialist, she is recognized as a pioneer in advancing the fields of Neurophysiology and Sleep Medicine in the country. Dr. Bhatia has actively promoted awareness about sleep disorders in the community, conducting programs and celebrating World Sleep Day for over a decade.

She has been featured in interviews on both TV and Print Media, shedding light on the significance of sleep. Her illustrious career includes roles such as Additional Professor and In-charge of Neuro-Electrophysiology, Sleep Medicine at AIIMS, New Delhi, Chairperson of Sleep Medicine, and Senior Neurology Consultant at Sir Ganga Ram Hospital, New Delhi, as well as the Director of Sleep Medicine and Senior Neurologist at Fortis Escorts Heart Institute in New Delhi.

# NSC'S 2023: A YEAR PACKED WITH UNFORGETTABLE NEUROLOGICAL AND SLEEP ACHIEVEMENTS!

**Successfully Conducted World Sleep Day on 5th March 2023 at IIC New Delhi With a Mission to Create Awareness of the importance of Sleep in Overall Health** —————>



**ORGANIZED SERVICE CAMPS, DEDICATED TO PROVIDING FREE ASSISTANCE FOR PAP DEVICES. OUR MISSION TO IMPROVE CPAP USAGE** —————>





# DR. MB'S 2023 HIGHLIGHTS: A YEAR OF MEMORABLE MOMENTS IN EVERY EVENT!



**DELIVERED A TALK ON THE "FUTURE OF SLEEP MEDICINE IN INDIA" AT THE 10TH CONGRESS OF THE ASIAN SLEEP RESEARCH SOCIETY IN TURKEY**



**PRESENTED A PAPER ON THE CORRELATION BETWEEN OSA AND EPILEPSY AT THE PRESTIGIOUS ANNUAL EPILEPSY CONFERENCE ECON 2023**



**DELIVERED A TALK AT THE IANCON 2023**



**DELIVERED A TALK ON "THE SILENT THREAT ON THE ROAD: HOW OBSTRUCTIVE SLEEP APNEA HEIGHTENS THE RISK OF ACCIDENTS" AT THE TRAFFIC INFRA TECH EXPO**





Investigations revealed a v low vit B12 ,for which she was given injections and this resulted in significant improvement in her symptoms ,and improved her balance .

An elderly lady , 88 yrs old presented with complaints of - Mild unsteadiness, imbalance, and Pinpricks sensation in her feet. She had no prior medical illness.

Clinical diagnosis was Peripheral Neuropathy, the NCV test confirmed the peripheral neuropathy .

## FAQ

### Do All Snorers have Sleep Apnea?

All those who Snore may not have Obstructive Sleep Apnoea. However ,those who have persistent/loud snoring with choking/gasping at night with tiredness/fatigue during the day are likely to have Obstructive Sleep Apnoea. To Confirm -One must get the Overnight Sleep Study/Polysomnography done.

### My Doctor has advised me to go for Polysomnography Test? Which type of test will be best suited for me?

There are diff types of PSG, depending on the number of signals we assess in the test at night. The choice of the type of test depends on the main complaints- is it snoring and choking and a high chance of OSA- then a type 3 (limited channel testing) is also ok, but for those with suspected parasomnia, narcolepsy, PLMD etc a type 1 study will be required. (complete study in the presence of a trained technician).





**Team NSC in Fun Trip to Nainital**



**Diwali Celebration**



# FORTHCOMING EVENTS



## LET'S CELEBRATE WORLD SLEEP DAY & WOMEN'S DAY

### Women Hormones-"A Roller Coaster"



#### Organiser:



Dr. Manvir Bhatia  
Senior Neurologist  
& Sleep Specialist



SUNDAY Mar 17, 2024  
10.00 AM-1.00 PM



INDIA HABITAT CENTRE  
Magnolia Hall  
Lodhi Road New Delhi, Delhi 110003

#### Speaker:



Dr. Sonia Malik  
Senior Gynaecologist &  
Chief Clinical Mentor,  
Nova IVF Fertility India

#### Highlights:

- Women's Hormones -A roller Coaster by Dr. Sonia Malik
- Panel Discussion
- How to tackle sleep issues in Women-Dr.Manvir Bhatia
- Yoga
- Share your Stories

#### Panelists:



Dr. Meenakshi Ahuja  
President, Delhi Menopause Society  
Senior Director, Fortis La Femme



Dr. Surveen Ghumman  
Senior Director and Head  
IVF and Reproductive Medicine  
Max Group of Hospitals  
Delhi & NCR



Dr. Anita Sabharwal  
NZ Coordinator Public Awareness  
Committee of FOGSI

#### For More Information:

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REGISTER NOW



HURRY!

Register Now-  
"LIMITED SEATS"  
Registration Free but mandatory  
Program followed by Lunch

» Women's Day -8th March 2024

» World Sleep Day 2024- 15th March 2024