

CRAIN'S

Health Pulse

NIH awards \$3.7M grant to Einstein researcher

The National Institutes of Health has awarded a Bronx researcher \$3.7 million to study sleep apnea in pediatric patients. Dr. Raanan Arens, chief of the Division of Respiratory and Sleep Medicine at Children's Hospital at Montefiore, will lead a five-year observational study of 140 adolescents ages 12 to 17 with obstructive sleep apnea syndrome. The objective of the study is to build a computer-simulation of the upper respiratory tract that can be used to study obstructive sleep apnea in these patients. Dr. Arens, who is also a professor of pediatrics at the Albert Einstein College of Medicine, said in a statement that he hoped the results of the research would "recommend treatments that can help decrease the prevalence of associated complications like learning difficulties and serious health risks such as high blood pressure and diabetes." Jayaram Udupa, professor of radiologic science at the University of Pennsylvania and David Wootton, professor of mechanical engineering at The Cooper Union, will also participate in the research, providing expertise in MRI analysis and bioengineering. The researchers hope to determine why sleep apnea is present in some but not all obese children. Current treatment options for children with sleep apnea include removal of the tonsils and adenoids or continuous positive airway pressure (CPAP) therapy, according to the American Academy of Pediatrics.—J.L.