'The Healing Power of Sleep ? Chief Nourisher of the Body, Mind and Heart' - UA Arthritis Center Lecture May 3

Date:
May 1, 2017

Sleep disorders are among the most common clinical problems encountered in modern medicine. Strong evidence shows that insufficient sleep has a significant impact on numerous health conditions, including chronic disease development, incidence and immunologic function. Individuals who suffer from arthritis often face greater sleep issues due to their arthritis.

A free presentation, "The Healing Power of Sleep ? Chief Nourisher of the Body, Mind and Heart," will be held Wednesday, May 3, 6-7:15 p.m., at Banner ? University Medical Center Tucson [1], DuVal Auditorium, 1501 N. Campbell Ave., Tucson. The 75-minute talk will include time for questions and answers.

According to the Arthritis Foundation, as many as 80 percent of people with arthritis have difficulty sleeping. Research shows the relationship between arthritis and sleep to be one of great impact.

Speaker Sairam ?Sai? Parthasarathy, MD, director of the University of Arizona Center for Sleep Disorders, will share the newest information on the nature and importance of sleep and its role in disease prevention and population health. He will address the epidemic of sleep deprivation, insomnia and sleep apnea and its relationship to pain, arthritis, the immune system, obesity, Alzheimer?s and heart disease. He will discuss sleep disorders and the economic burden on the health-care systems of the United States and the world.

Seating for the lecture is limited and prior registration is requested. For more information or to register, please visit the UA Arthritis Center website, www.arthritis.arizona.edu [2], or call 520-626-5040 or email livinghealthy@arthritis.arizona.edu [3]

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[3] mailto:livinghealthy@arthritis.arizona.edu