

The Trustee of Lakeside Lung Function Laboratory

Shop 5/45 Canton Beach Road, Toukley 2263

Phone: (02) 4397 1840 Fax: (02) 4397 1954

Dr Alex Erdstein

Correspondence to:

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Tuesday, 17 June 2025

Dr Jaime Arevalo
366 Scenic Dr
SAN REMO NSW 2262

Dear Dr Arevalo,

RE: Mr Barry Watson (09/12/1952) M/C: 2006143553 P: 0412 500 375

Diagnosis:

Previous severe OSA originally diagnosed 30 years ago and reconfirmed recently—CPAP restarted with good results

Morbid obesity but weight loss from 140 kg to 125 kg

Severe aortic stenosis awaiting surgery later in the year with Dr Levi Bassin

Cardiac failure with reduced ejection fraction and mildly elevated pulmonary pressure

Small pericardial effusion

Previous smoking stopped 34 years ago with 15 pack years

Normal pulmonary function with no evidence of either COPD or asthma—puffers ceased

Peripheral neuropathy

Hypertension

AF

Progress:

Barry has returned with his wife Sue to discuss his new sleep study which occurred on the 31st March 2025. His total AHI was 40.5 events per hour with a slight increase to 42.7 in rem sleep. The lowest saturation was 83%. He spent 15.2% of the study with oxygen saturation below 90%. 57.4% of the study was spent snoring.

The HRCT of the chest on the 11th March 2025 showed no evidence of parenchymal dysfunction. There was a small area of possible inflammatory change in the right upper lobe. There was a pericardial effusion. Lung function on the 5th February 2025 was normal. In fact, spirometry was superior for his age.

Examination:

Obese. Looks well. No sign of fluid overload today.

Impression and Recommendations:

Barry's exertional symptoms related to his cardiac failure, obesity, aortic stenosis, and obstructive sleep apnoea. I am satisfied that he has restarted CPAP therapy although I am yet to retrieve the CPAP download from Pacific sleep. He has been reassured. However, it was mentioned that he is experiencing mouth leak and would benefit from a chinstrap. I rebooked him for 6 months with oximetry on CPAP. Clearly, there is no issue with his respiratory system so I am not advising any further in this regard. I discussed with him weight loss strategies including intermittent fasting and keto.

With kind regards,



Electronically signed & verified (Tuesday, 17 June 2025)

Dr Alex Erdstein M.B., B.S. FRACP

Respiratory & Sleep Disorders Physician

Prov. No. 064263MW

Our letter creation uses digital speech recognition for timely communication and may contain typographical errors

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cc Dr James Rogers Jarrett Street Specialist Centre 5, 14-18 Jarrett Street NORTH GOSFORD NSW 2250

Dr Levi Bassin Royal North Shore Hospital ST LEONARDS 2065