

How to Submit Documents

You can submit the medical documents through your chain of command via fax, email, or mail.

You Can Submit Documents to:

Unit
Battalion Medical Readiness NCO
Brigade Medical Liaison
State Surgeon's Office

Preventative Measures for Overall Good Health

- Exercise Regularly
- Healthy Diet
- Healthy Weight Control
- Avoid Sleeping on Your Back
- Smoking Cessation

Website Link to Low Cost Clinics

NeedyMeds

http://www.needymeds.org/free_clinics.taf

State Surgeon's Office Website

Includes:

- Staff Contact Information
- Forms and Regulations
- Brochures

<http://www.calguard.ca.gov/G1/sso>



CA ARNG State Surgeon's Office
9800 Goethe Road (Box 31)
Sacramento, CA 95826-9101
Fax: 916.854.4200

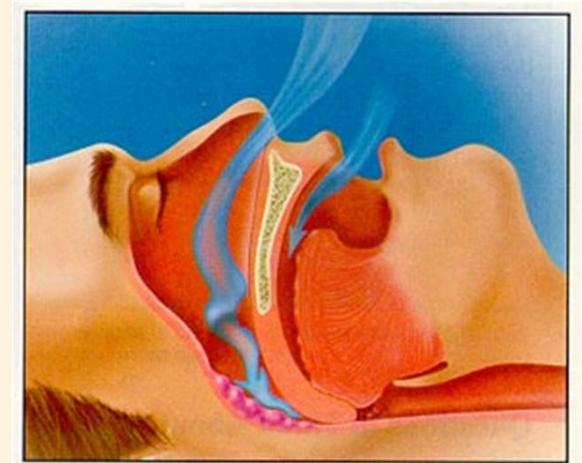
SSO Email: ng.ca.caarng.mbx.sso@mail.mil



Sleep Apnea

(new diagnosis)

California Army National Guard
State Surgeon's Office



During sleep apnea, air flow is completely blocked.

Sleep Apnea

You have reported that you have difficulty breathing while you sleep. You may have sleep apnea. **Sleep Apnea** is a disorder where your breathing stops and starts repeatedly during sleep. Signs that you have sleep apnea include loud snoring, excessive daytime sleepiness, and insomnia. You will need to see your medical provider for further evaluation, diagnosis, and treatment.

Medically Non Deployable Status

You have been placed in a Medically Non Deployable (MND) Status for **Sleep Apnea**. You will need to submit appropriate medical documentation through the proper chain of command to clear your medical flag.



What the State Surgeon's Office Initially Needs from your Medical Provider:

- Sleep study results with CPAP titration
- Diagnosis (what is your medical condition)
- Prognosis (what your doctor thinks your likely outcome will be)
- Treatment Plan (if CPAP is prescribed and duration of usage, dietary changes, lifestyle changes, medications, etc.)
- Comment on Any Daytime Symptoms Experienced
- Comment on Functional Activity Limitations (permanent or temporary, with duration)
 - What physical activities you can and cannot do (e.g. running, jumping, and lifting)

For your Medical Provider:

This patient is an Army National Guard Soldier reports having **Sleep Apnea**. Please evaluate and treat as indicated. Please provide indications per patient Hx and physical examination and polysomnography results with CPAP titration, if indicated. Please comment on future treatment plan, to include Rx of CPAP or surgical intervention. Thank you.

Acceptable Medical Documents:

- Completed Standard Form 513 (SF 513)
- Office Visit/Provider Notes
- Results of any X-ray/Imaging Studies
- Results of any Diagnostic tests