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Nurse Practitioner Joins Pulmonary, Sleep Medicine Practice

ROME – Nurse practitioner Laura Carnevale, RN, MS, FNP, has joined Anwar Wassel, M.D., FACP, FCCP, FAASM, in his sleep, pulmonary disease and critical care medical practice. His office is located at 1617 N. James St., Suite 800.

Carnevale, who has more than 19 years of nursing experience, became a certified nurse practitioner five years ago. She believes in spending time with each patient to assess their individual needs and develop a treatment plan so they can sleep better and improve their overall health.

“Patients come to our office because they are not getting a good night’s sleep,” she said. “Whether they are not waking up feeling refreshed, having a hard time staying awake throughout the day, or have a problem with chronic snoring, a sleep study can make a big difference in their overall health picture.”



In addition to sleep disorders, the practice provides care for patients with pulmonary diseases such as lung disease, chronic obstructive pulmonary disease, asthma and lung tumors. The providers also care for patients with complex medical conditions and critically ill patients who require intensive care.

Carnevale has been focusing most of her attention on sleep medicine, one of the fastest growing fields in medicine. “It’s amazing how many health-related problems are related to sleep apnea alone,” she explained. “Recent studies have shown that there is a strong link between sleep apnea and hypertension, diabetes, heart disease and stroke.”

After a patient has had a sleep study, Dr. Wassel and his team interpret the results and a treatment plan is developed. According to Carnevale, the next step to achieving wellness is sitting down with the patient to explain the diagnosis, the importance of following the care plan, as well as the proper ways to use any necessary equipment such as a continuous positive airway pressure (CPAP) machine.

“Many patients are hesitant when facing the prospect of sleeping with a CPAP,” she said. “However, once they are properly coached and experience the difference it makes in so many areas of their lives, they are thankful to have such a wonderful treatment option.”

Carnevale became a licensed practical nurse through the New York State nursing program for adults through BOCES in Verona in 1991. She then earned her associate degree of applied science of nursing in 2003 from Mohawk Valley Community College. She earned her bachelor of science degree in nursing from the State University of New York, Institute of Technology, where she also earned her master of science degree in nursing, and certification as a family nurse practitioner. She and her husband Fred have two grown children.

Dr. Wassel's office is currently accepting new patients, who can expect to be seen within a few days. The office participates with all major insurance companies. For more information or to schedule an appointment, please call 337-3071.