

Many Have OSA, Most Don't Know it Yet.

As many as 70% of OSA sufferers have been undiagnosed¹. Untreated, OSA may lead to the risk of additional health problems. 48% of individuals diagnosed with type 2 diabetes also suffer from OSA². Clinical studies have shown that 37% of men diagnosed with high blood pressure also suffer from OSA³. Additional clinical studies have shown that 86% of men diagnosed with congestive heart disease also suffer from OSA⁴.

Increased OSA risk factors include:

- Overweight
- Neck Size of 17" or More
- Anatomical Structure of the Jaw/Airway
- Nose or Throat Problems
- Alcohol or Sedative Use

Talk to our sleep experts today and learn how we can help with your CPAP therapy.

References:

1. Al Lawati NM et al. *Prog Cardiovasc Dis* 2009; 51(4): 285-93
2. Einhorn et al. *Prevalence of sleep apnea in population of adults with type 2 diabetes mellitus.* *Endocr Pract* 2007;13(4):355-362
3. Sjoström et al. *Prevalence of sleep apnoea and snoring in hypertensive men: a population based study.* *Thorax* 2002;57:602-607
4. Oldenburg et al. *Sleep-disordered breathing in patients with symptomatic heart failure.* *Eu J Heart Fail* 2007;9:251-257

There could be
MORE
to that
SNORE!



Do You Feel Sleepy During the Day?

There may be help for you. Many people are unaware of a sleep disorder known as Obstructive Sleep Apnea (OSA). Not only does OSA keep you from getting a good night's sleep and feeling rested during the day, it may actually have additional negative effects on your overall health. Since OSA occurs during sleep, it is often a spouse who first recognizes the most common and noticeable symptom – snoring.

Other symptoms may include:

- Excessive Daytime Sleepiness
- Restless Sleep
- Difficulty Concentrating
- Depression or Irritability
- Morning Headaches
- High Blood Pressure

If you have these symptoms, or think you may have OSA...Talk to your doctor today!

What is Obstructive Sleep Apnea?

Obstructive Sleep Apnea (OSA) occurs when an individual's breathing repeatedly stops and starts during sleep. This is caused by muscles that relax too much in the back of the throat, which narrows the airway. Each pause in breathing may last from a few seconds to minutes and occur multiple times per hour. Those that suffer with OSA are rarely aware of having difficulty breathing.

When sleep quality is diminished by the interruption of sleep your body is deprived of oxygen and you may feel drowsy and excessively sleepy during the day. Untreated, OSA may lead to increased risk of cardiovascular diseases, high blood pressure, stroke, diabetes, clinical depression, weight gain, and obesity. OSA may also worsen conditions such as menopause and chronic pain.

How is OSA Diagnosed?

Diagnosis of OSA is made with the use of what is commonly called a sleep study. A sleep study is a non-invasive test to determine how many times you stop breathing while you're sleeping. There are different types of sleep studies and your doctor can help determine the test that is right for you.

How is OSA Treated?

Most patients with OSA can be effectively treated with a non-surgical, non-invasive therapy known as CPAP (Continuous Positive Airway Pressure). A CPAP is a medical device which provides continuous pressure to keep your airway open during sleep. Most CPAP users find it very effective and start feeling better as early as the first day after starting the therapy.

A CPAP and CPAP supplies may be covered by your insurance. There are several different CPAP devices available. We'll work with you and your doctor to help you get the best results from your CPAP therapy. Contact us today to see how we can help you get a good night's sleep.

References:

Encyclopedia, A.D.A.M. Medical. "Obstructive Sleep Apnea." N.p., 31 July 2011. Web. 28 Jan. 2013. <<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001814/>>.

Staff, Mayo Clinic. "Obstructive Sleep Apnea." Obstructive Sleep Apnea. N.p., 4 July 2011. Web. 28 Jan. 2013. <<http://www.mayoclinic.com/health/obstructive-sleep-apnea/DS00968>>.



S9 CPAP



Swift FX Mask



Icon CPAP



Pilairo Mask

RESMED

Fisher & Paykel
HEALTHCARE