

**Obstructive sleep apnea afflicts 1 in every 5 Americans.
What other problems arise for OSA patients?**

STROKE

- Men with moderate to severe OSA were nearly 3x more likely to have a stroke
- OSA is often found in patients following a stroke.
- Risk of stroke rises with severity of the disease

STRESS ON THE HEART

HYPERTENSION

- Sleep apnea is an identifiable cause of high blood pressure.
- OSA is the leading cause of secondary hypertension

CORONARY ARTERY DISEASE

CARDIAC ARRHYTHMIAS

- 4x as likely to have atrial fibrillation

CONGESTIVE HEART FAILURE

- Moderate OSA have increased mortality rates.
- New patients are screened for OSA.

HEART DISEASE

SUDDEN DEATH

- OSA sufferers have a 30% higher risk of heart attack or premature death.

MEDICAL COSTS

- Untreated sleep apnea costs Americans an extra \$4.3 billion per year.
- Treated sleep apnea can halve a patient's healthcare costs.

More than 50% of sudden deaths from OSA occur between 10pm and 6am.

Changes in annual health care costs per patient after treating OSA: \$200,000.

POOR SLEEP

MOOD

DISTURBANCE

- Depression
- Anxiety
- Loss of motivation
- Shortened attention span
- Moodiness and bad temper
- Poorer judgment

DAYTIME SLEEPINESS

- 6-fold increased risk of car accidents
- Impaired concentration and memory loss
- Reduced work-efficiency
- Reduced alertness
- Slower reaction time

LOUD SNORING

- Relationship discord
- Morning headaches caused by oxygen deprivation

DIABETES TYPE II

- Lack of insulin control and poorly controlled blood sugars
- 58% have OSA

OBESITY

- As sleep shortens or diminishes in quality, appetite for high-calorie food increases.
- Obesity is the best documented risk factor for OSA. It is estimated that 90% of obese males and 50% of obese females have OSA.
- The prevalence of OSA increases with body mass index (BMI)
- Approximately 80% of OSA patients weigh 130% or more of their ideal body weight.

GASTROESOPHAGEAL REFLUX DISEASE (GERD)

SEXUAL DYSFUNCTION

- Loss of libido
- Impotence

NOCTURIA

- Frequent urination at night

***Many patients may not be aware of their poor sleep quality.**