

## YOUR HEART & SLEEP APNEA

### *Relationship between AFib and Sleep Apnea*

Atrial Fibrillation (AFib) is an abnormal heart rhythm that affects 2.5 million people in the U.S. and 33.5 million people worldwide.

People with AFib have a stroke risk that is five times higher than people who do not have AFib.

There are many risk factors for developing AFib. These include being age 60 years of age or older, having high blood pressure, diabetes, or existing heart disease. Another risk factor that is little known and not completely understood is sleep apnea.

Only now are health care providers beginning to understand the overlap of these two conditions, and how addressing both can lead to better patient outcomes.

Sleep apnea affects about 22 million U.S. citizens. Eighty percent of cases go undiagnosed.

The most common type of sleep apnea, obstructive sleep apnea.

Long-term untreated sleep apnea can cause impairments in thinking and increase the risk for accidents, diabetes and a number of cardiovascular conditions, including high blood pressure, stroke, and AFib.

It is estimated that half of the patients with AFib also have sleep apnea. And patients with sleep apnea have four times the risk of developing AFib.

Over time, untreated sleep apnea can lead to the onset of risk factors such as hypertension and diabetes that predispose a person to AFib. Further, it has been shown that sleep apnea directly triggers arrhythmias during sleep.

The heart experiences mechanical stresses and chemical changes each time a person with sleep apnea is startled awake by lack of oxygen, and that may contribute to the development of AFib.

**Blackstone Medical Services now offers Mobile Cardiac Telemetry, which complements our Home Sleep Testing to further measure other heart issues, without having to visit a lab.**

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**Blackstone Medical Services** is the preferred choice for Home Sleep Testing and Mobile Cardiac Telemetry.

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