

The Consequences of Obstructive Sleep Apnea

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

83%

DRUG RESISTANT HYPERTENSION

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

30%

CORONARY ARTERY DISEASE

58%

CARDIAC ARRHYTHMIAS

- 4x as likely to have atrial fibrillation.

76%

CONGESTIVE HEART FAILURE

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

38%

HEART DISEASE

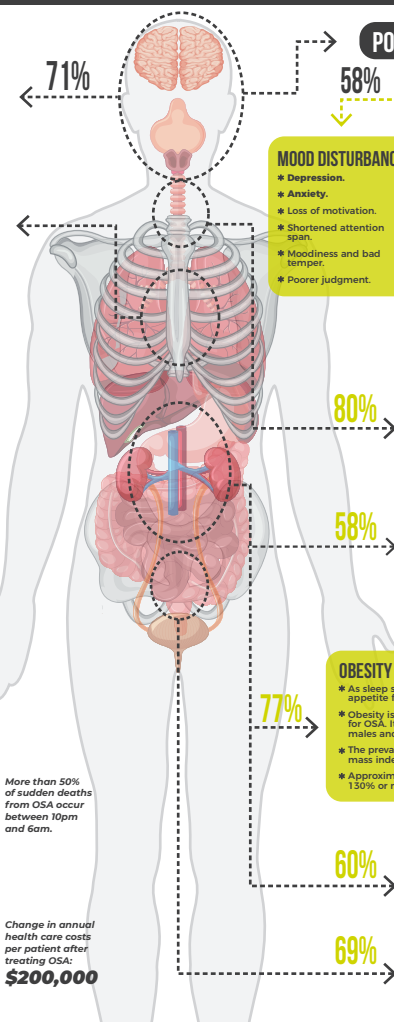
30%

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.

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

POOR SLEEP

58% **87%**

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.

80%

LOUD SNORING

- Relationship discord.
- Morning headaches caused by oxygen deprivation.

58%

DIABETES TYPE II

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

77%

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 150% or more of their ideal body weight.

60%

GASTROESOPHAGEAL REFLUX DISEASE (GERD)

69%

SEXUAL DYSFUNCTION

- Loss of libido.
- Impotence.



BLACKSTONE
MEDICAL SERVICES

Home Sleep Testing Symptoms and Indications

- * Overweight
- * Fatigue
- * Excessive Daytime Sleepiness
- * Snoring
- * Gasping For Air During Sleep
- * Witnessed Pauses in Breath During Sleep
- * Morning Headaches
- * Difficulty Staying Asleep
- * Difficulty Paying Attention While Awake
- * Irritability



Medicare Accepted ICD-10 Codes:

- * G47.33 Obstructive Sleep Apnea
- * G47.30 Sleep Apnea, Unspecified
- * G47.39 Other Sleep Apnea

Accepted CPT Codes

(Insurance Carrier Dependent):

- * G0399
- * 95806
- * 95800

For Medicare patients, your office notes should document symptoms of excessive daytime sleepiness, impaired cognition, mood disorders or insomnia, or documented hypertension, ischemic heart disease, or history of stroke.



**To learn more, contact Blackstone
Medical Services at  888.710.2727**

