

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**

