The Consequences of **Obstructive Sleep Apnea**

Obstructive sleep apnea affilcts 1 in every 5 americans. What other problems arise for OSA patients?

POOR SLEEP STROKE 71% **58**% * 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 **MOOD DISTURBANCE** of the disease. * Depression. * Anxiety * Loss of motivation. STRESS ON THE HEART * Shortened attention * Moodiness and bad temper. * Poorer judgment. 83% identifiable cause of high blood pressure. * OSA is the leading cause of secondary hypertension. **80**% 30% **CORONARY ARTERY DISEASE CARDIAC 58**% ARRHYTHMIAS * 4x as likely to have atrial fibrillation.

DIABETES TYPE II

DAYTIME

* 6-fold increased risk of car accidents.

* Impaired concentration.

and memory loss. * Reduced work-efficiency.

* Reduced alertness.

* Slower reaction time.

* Lack of insulin control and poorly controlled blood sugars.

* Morning headaches caused by oxygen deprivation.

* 58% have OSA

LOUD SNORING * Relationship discord.

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

38%

76%

HEART DISEASE

30%

SUDDEN DEATH

* OSA sufferers have a 30% higher risk of heart attack or premature

More than 50% of sudden death from OSA occur between 10pm

MEDICAL COSTS

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

Change in annu health care cost per patient afte treating OSA: \$200.00

- * 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)

69%

SEXUAL DYSFUNCTION

- * Loss of libido.
- * Impotence.





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