

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.

90%

POOR SLEEP*

58% 87%

STRESS ON THE HEART

HYPERTENSION

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

37%

CORONARY ARTERY DISEASE

30%

CARDIAC ARRHYTHMIAS

58%

- » 4x as likely to have atrial fibrillation

CONGESTIVE HEART FAILURE

76%

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

HEART DISEASE

38%

SUDDEN DEATH

30%

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

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

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 annual health care costs per patient after treating OSA:

\$200,000

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

80% of middle-aged men

48%