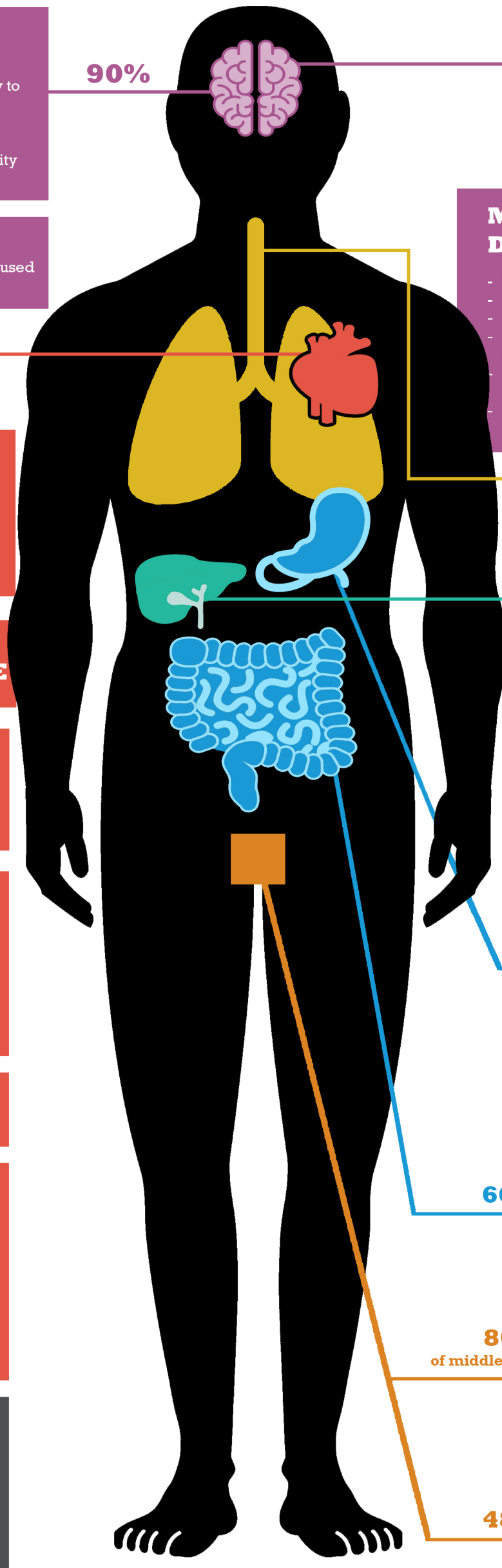
SLEEP APNEA

AFFECTS YOUR WHOLE BODY



STROKE

- Men with moderate to severe OSA are 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%

HEADACHES

- Morning headaches can be caused by carbon dioxide retention

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

STRESS ON THE HEART

37%

HYPERTENSION

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

30%

CORONARY ARTERY DISEASE

58%

CARDIAC ARRHYTHMIAS

- 4x as likely to have atrial fibrilation

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

80%

LOUD SNORING

- Relationship discord

48%

TYPE II DIABETES

- 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 130% or more of their ideal body weight.

60%

GASTROESOPHAGEAL REFLUX DISEASE (GERD)

80% of middle-aged men

SEXUAL DYSFUNCTION

- Loss of libido
- Impotence

48%

NOCTURIA

- Frequent urination at night

MEDICAL COSTS

- Untreated sleep apnea costs North 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**

Sources: Medscape.com, Pubmed.gov, Biomed Central

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