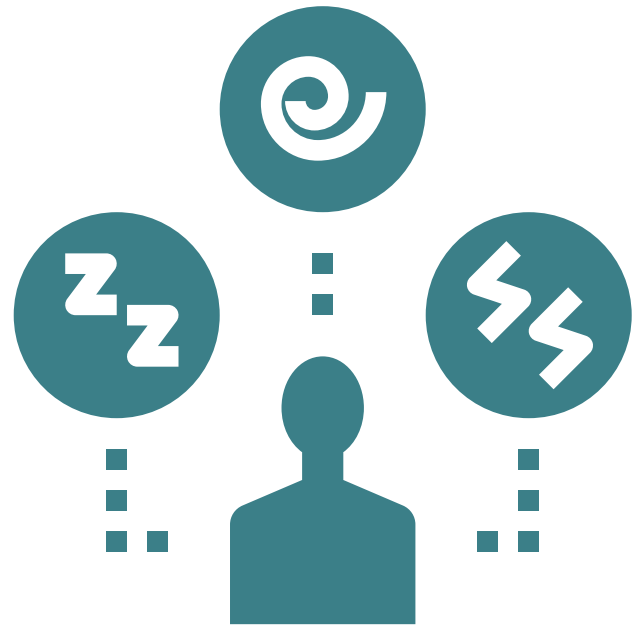


# WHAT ARE THE RISKS OF OBSTRUCTIVE SLEEP APNEA (OSA)?

## HOW DO I KNOW IF I'M AT RISK?

### COMMON SIGNS & SYMPTOMS ARE:

- ▶ Excessive daytime sleepiness
- ▶ Loud snoring
- ▶ Snorting or gasping during sleep
- ▶ Dry mouth
- ▶ Morning headaches
- ▶ Difficulty concentrating
- ▶ Memory problems
- ▶ Irritability



**Sleep apnea is common!**  
Approximately **26%** of adults aged **30-70** years have OSA

## WHAT ARE THE DANGERS OF UNTREATED OSA?

### PEOPLE WITH UNTREATED OSA FACE HIGHER RISKS OF:



#### High Blood Pressure & Congestive Heart Failure

- Over **50%** of patients with heart failure have OSA
- People with OSA have a **30%** increased risk of heart attack & premature death
- OSA is the **2nd** leading cause of hypertension (high blood pressure)



#### Strokes

- People with OSA are **7x** more likely to have a stroke
- **84%** of people with OSA have nocturnal strokes
- The risk of stroke rises in more severe cases of OSA



#### Diabetes

- **48%** of patients with Type 2 Diabetes have OSA
- **58%** of older patients with Type 2 Diabetes have OSA
- Up to **86%** of obese patients with Type 2 Diabetes have OSA



#### Mood Disorders & Sexual Dysfunction

- Up to **36%** of patients with clinical depression have OSA. Rates of PTSD and anxiety are also elevated in OSA patients
- **80%** of middle aged men experience sexual dysfunction; OSA can impact testosterone production



#### Chronic Fatigue

- **46.5%** of patients with mild OSA experience excessive sleepiness
- **58%** of patients with severe OSA experience excessive sleepiness



#### Motor Vehicle Accidents

- People with OSA are **7x** more likely to have a motor vehicle accident

