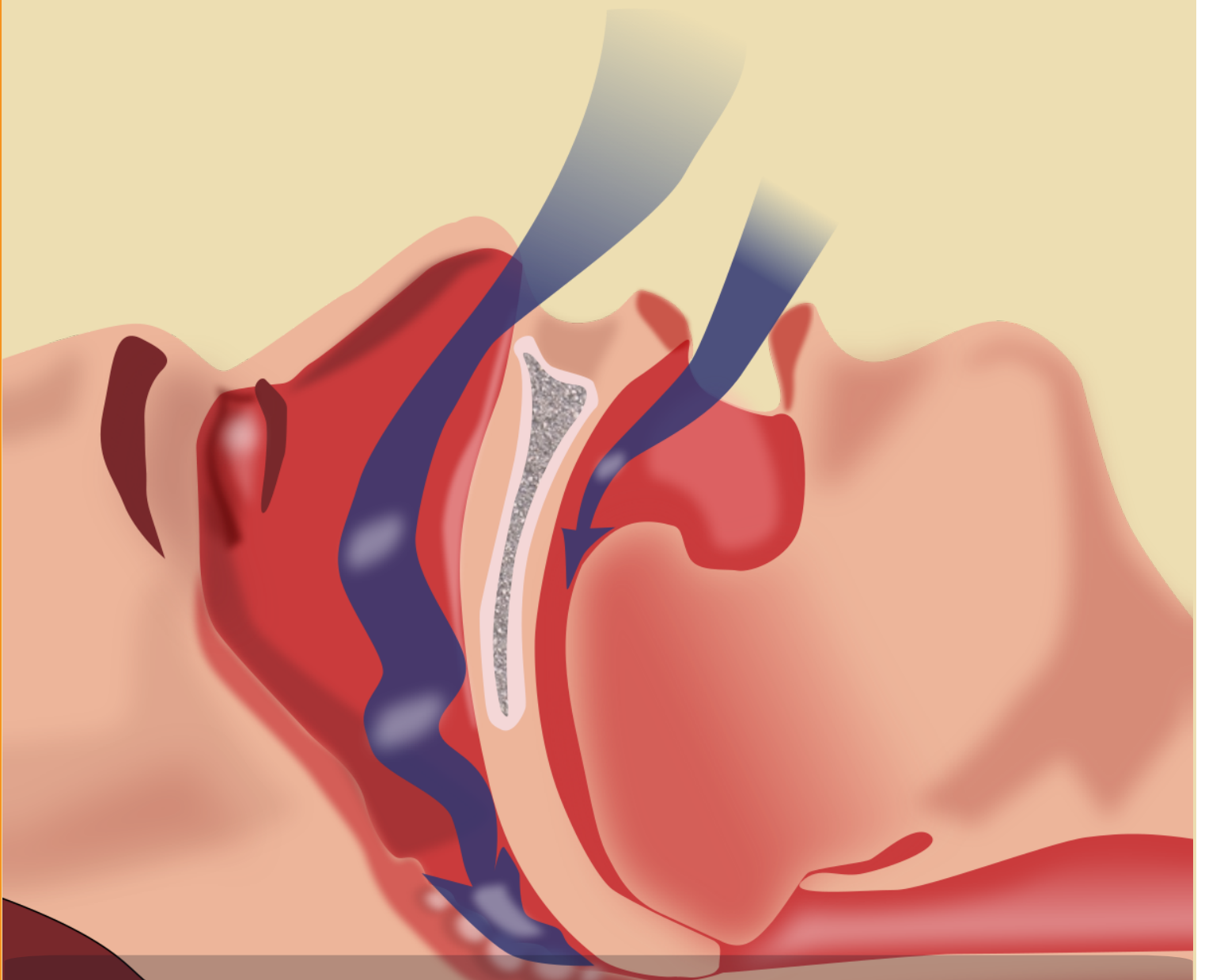


Obstructive Sleep Apnea (OSA)



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Mechanism behind OSA

Consequences of untreated OSA

STROKE

90%

- Men with moderate to severe OSA were nearly 3x more likely to have a stroke
- Risk of a stroke rises with severity of the disease

LOUD SNORING

80%

- Relationship discord
- Morning headache caused by oxygen deprivation

STRESS ON THE HEART

- Hypertension (37%)
- Coronary Artery Disease (30%)
- Cardiac Failure (76%)
- Heart Disease (38%)
- Sudden Death (30%)

OBESITY

77%

- As sleep shortens or diminishes in quality, appetite for high-caloric food increases
- Obesity is a risk factor for OSA
- 90% of obese males and 50% of obese females have OSA
- Prevalence of OSA increases with BM

GERD

60%

- Gastroesophageal Reflux Disease

POOR SLEEP

- Many patients are not aware of their poor sleep quality

MOOD DISTURBANCE

58%

- Depression and anxiety
- Loss of motivation
- Shortened attention span
- Moodiness and bad temper
- Poor judgement

DAYTIME SLEEPINESS

87%

- 6-fold increased risk of car accidents
- Impaired concentration and memory loss
- Reduced work-efficiency
- Slower reaction time
- Reduced alertness

DIABETES TYPE II

86%

- Lack of insulin control and poorly controlled blood sugar
- 58% have OSA

SEXUAL DYSFUNCTION

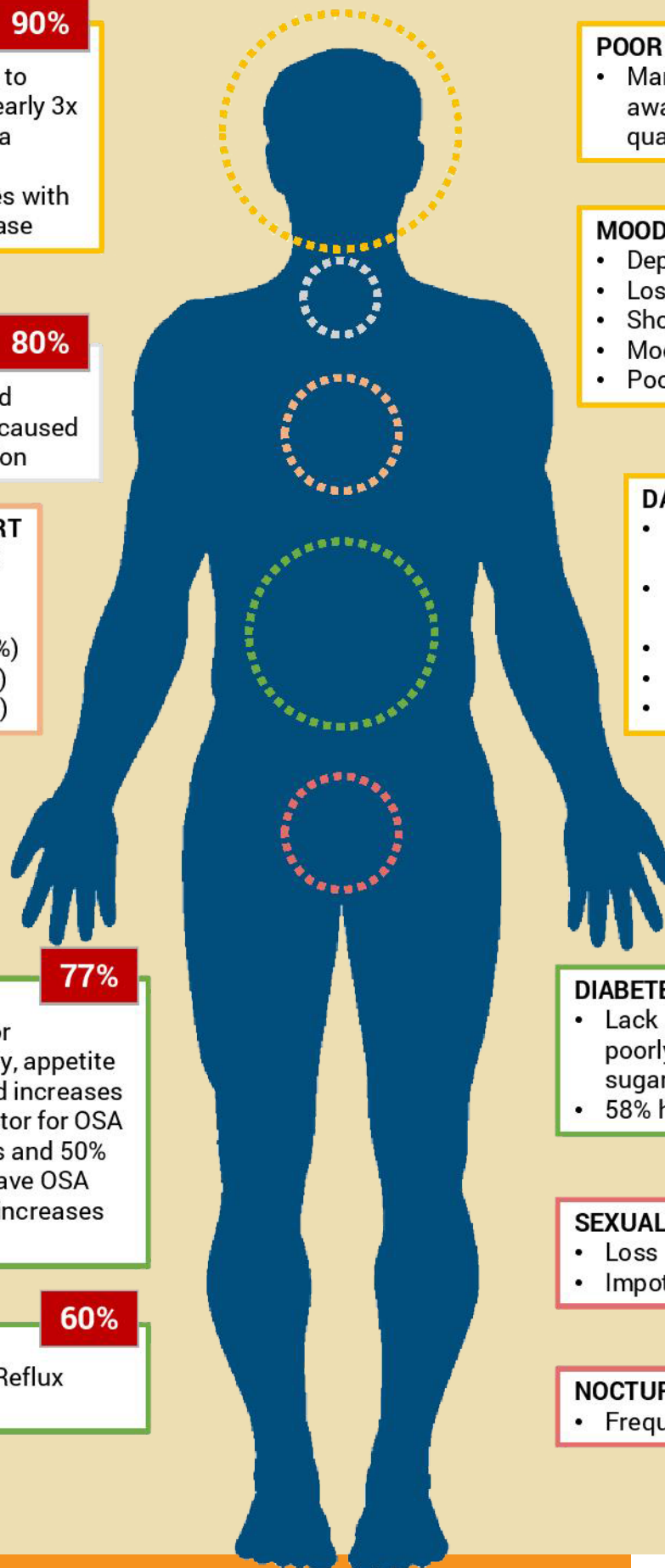
80%

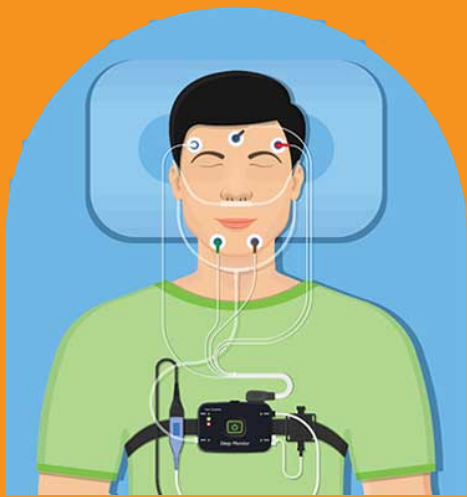
- Loss of libido
- Impotence

NOCTURIA

48%

- Frequent urination at night





Sleep Study (Polysomnography)

- > Uses sensors to monitor sleep pattern
- > An overnight study, typically done at home
- > Sleep study can diagnose OSA, identify the severity, and assess the efficacy of treatment

Treatment of OSA

- > Lose weight (if you are overweight or obese)
- > Restrict alcohol and smoking, sedative medicines
- > Use anti-allergic medicines or nasal decongestants
- > Avoid sleeping on your back
- > Exercise regularly
- > Use CPAP: Continuous positive airway pressure (CPAP) system uses a mask-tube-machine assembly that provides air (or oxygen) at a pressure high enough to prevent collapse of the airway. This allows the breathing to continue without any obstruction.



For public use, by:
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