

UNTREATED SLEEP APNEA- TYPE 2 DIABETES AND CARDIOVASCULAR DISEASE



WHAT IS SLEEP APNEA?

Sleep apnea (ap-nē-a) is a serious sleep disorder that occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times. This means the brain – and the rest of the body – may not get enough oxygen.

Sleep Apnea is a common disease. A recent analysis concluded that 1 in 5 American adults has at least mild sleep apnea. That translates to 40 million people. About one-third of that number has moderate or severe sleep apnea.

Symptoms of Sleep Apnea

Snoring | Witnessed Apneas | Daytime Sleepiness
| Morning Headaches | Weight Gain

THERE ARE TWO TYPES OF SLEEP APNEA:

- ▶ **Obstructive sleep apnea (OSA):** The more common of the two forms of sleep apnea, it is caused by a blockage of the airway, usually when the soft tissue in the back of the throat collapses during sleep.
- ▶ **Central sleep apnea (CSA):** Unlike OSA, the airway is not blocked, but the brain fails to signal the muscles to breathe, due to instability in the respiratory control center.

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SLEEP APNEA & TYPE 2 DIABETES

Type 2 Diabetes

According to the Centers for Disease Control and Prevention, 25.6 million Americans aged 20 years or older suffer from diabetes, and Type 2 diabetes accounts for about 90 to 95 percent of all diagnosed cases.

Seven in 10 people with Type 2 diabetes also have sleep apnea, and the severity of the sleep disorder directly impacts diabetes symptoms; the more severe a diabetic's untreated sleep apnea, the poorer their glucose control. Treating sleep apnea in diabetics improves nighttime glucose levels and insulin sensitivity.

SLEEP APNEA & CARDIOVASCULAR DISEASE

High Blood Pressure

High blood pressure, known as hypertension, is the most important risk factor for cardiovascular disease. A staggering 67 million Americans have high blood pressure, which is about one in every three adults. Between 30 and 40 percent of adults with high blood pressure also have sleep apnea. Approximately 80 percent of patients that do not respond to hypertensive medications have sleep apnea. Seeking and adhering to sleep apnea treatment is a proven means of decreasing blood pressure and improving the management of cardiovascular disease.

Atrial Fibrillation and Stroke

Atrial fibrillation or AFib, an abnormal heart rhythm, is more common in patients with SleepApnea. In fact, it is estimated that nearly 50% of patients with AFib have Sleep Apnea.

Sleep Apnea can cause drops in blood levels of oxygen, which can evoke a "fight or flight" response when patients stop breathing. The stress of the "fight or flight" response can occur multiple times during each hour of sleep in patients that suffer from sleep apnea. This can cause problems with the electrical firing within the heart, which can lead to AFib.

An abnormal heart rhythm causes the heart to beat in an irregular pattern. When the upper chambers (atria) of the heart and lower chambers (ventricles) do not beat in a coordinated way, there can be too little blood that is "pushed."

AFib puts patients at an increased risk for stroke because blood may not be properly pumped out of the heart, which may cause it to pool and form a clot. This clot can then travel to the brain and block the flow of blood to part of the brain, which can result in a stroke.