

What do I need to know about Obstructive Sleep Apnea (OSA)

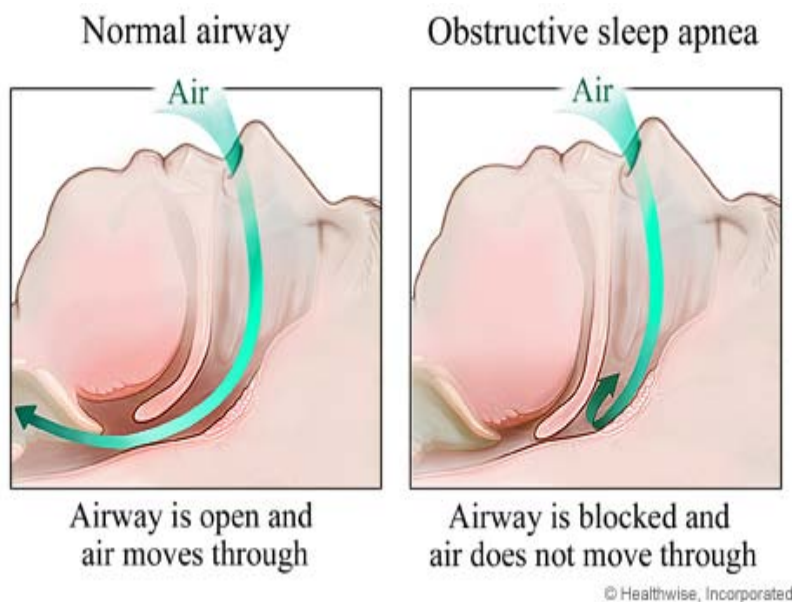
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What is “Obstructive Sleep Apnea?”

- ✚ Obstructive Sleep Apnea (OSA) is a condition that occurs when a person stops breathing repeatedly during sleep because the upper airway collapses and prevents air from getting into the lungs.

What causes the airway to collapse during sleep?

- ✚ Nasal obstruction, enlarged tongue or uvula, tonsils or adenoids, recessed mandible, and obesity can cause obstruction of the upper airway.



How often can a person stop breathing during sleep?

- ✚ A person can stop breathing many times each night, even over 100 times, in severe cases of sleep apnea.

What happens during sleep apnea or OSA?

- ✚ Sleep becomes fragmented, oxygen levels may drop, and heart rate becomes variable.

How many people have OSA?

- ✚ Sleep apnea is as common as adult asthma. Four in 100 middle-aged men and two in 100 middle-aged women have OSA. As women reach menopause, the prevalence rates increases. Unfortunately, ninety five percent remain undiagnosed and untreated.

Reference: Gibson, G. J. "Obstructive Sleep Apnoea Syndrome: underestimated and undertreated." British Medical Bulletin (2004): 49-64.

What are the most common symptoms of sleep apnea?

- ✚ Snoring
- ✚ Excessive daytime sleepiness
- ✚ Morning headaches
- ✚ Waking up gasping for breath
- ✚ Recent weight gain or loss

Why do I need treatment for sleep apnea?

- ✚ Untreated sleep apnea has health consequences including the following:
 - ✚ Excessive daytime sleepiness
 - ✚ Non restorative sleep
 - ✚ Morning headaches and nausea
 - ✚ Problems with memory
 - ✚ High blood pressure
 - ✚ Heartburn
 - ✚ Heart attack (myocardial infarction)
 - ✚ Strokes
 - ✚ Depression

How is OSA treated?

- ✚ The most common treatment is called CPAP or "Continuous Positive Airway Pressure"
- ✚ Surgery
- ✚ Oral appliance