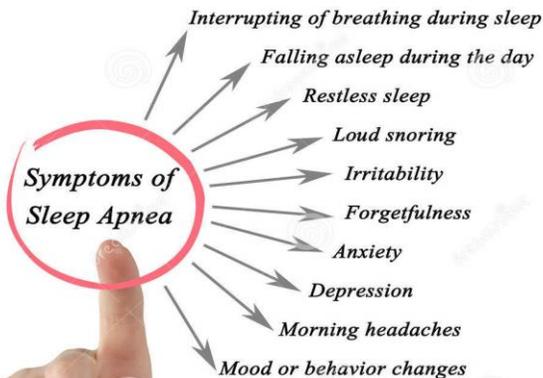
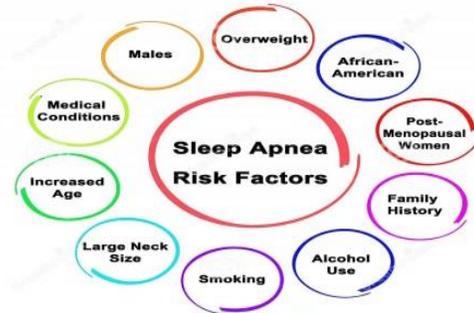


Health & Wellness Newsletter June 2022



What is Sleep Apnea?

Risk Factors



A good night's sleep is a vital component in achieving total wellness. A goal of 7-8 hours of consistent sleep may seem lofty but this is the recommended amount of sleep for most adults.

OSA stands for **Obstructive Sleep Apnea** which is the most common form of Sleep Apnea. It occurs when the tongue and soft tissue at the back of the throat block the airway stopping respirations until the airway is once again opened. These pauses in breathing can last seconds to minutes resulting in a decrease in the oxygen supply to the brain and vital organs. The treatment goal is to remove the obstruction and keep the airway open (usually through the use of CPAP or Continuous Positive Airway Pressure).

Central Apnea, another form of Sleep Apnea occurs when the brain does not signal the body to take a breath. The goal of treatment for this form of Sleep Apnea is to trigger the brain to signal the body to breathe (by using medications).



Are you at risk for having Sleep Apnea?

The answer is “Yes” if you are **advanced in age**, **overweight**, **a smoker**, **are male**, **have a family history of it**, **are post-menopausal**, are African-American, **have a large neck**, and **have certain medical conditions** such as diabetes or heart disease.

Why should I be evaluated for Sleep Apnea?

Have you ever been told you snore a lot or you rattle the walls with your snoring? The complications alone are sufficient reason to consider being tested. Complications from Sleep Apnea include Memory Loss, Lung (Pulmonary) Hypertension, Impotence, Stroke, Headache, Heart Attack, Heart Arrhythmia, Diabetes, Fatigue, Hypertension (high blood pressure), Drowsiness and Obesity.

Don't worry-it's not as bad as it looks



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Sources <https://www.mayoclinic.com/sleepapnea>; <https://www.dreamstime.com/symptoms-sleep-apnea-diagram-image84307150> :
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