

OSA Symptoms Guide

Who should be tested for OSA?

A patient who snores regularly and has one or more of the symptoms in the side bar

OR

A patient who does not snore regularly (or doesn't know if they snore) and has three or more of the symptoms in the side bar

Obstructive sleep apnea (OSA) is a serious, potentially life altering and life threatening condition that is easily identified and effectively treated.

What is OSA?

- » A condition where a person stops breathing repeatedly during sleep, on average, more than 5 times per hour
- » The airway collapses, preventing air from reaching the lungs.
- » Sleep patterns are disrupted, resulting in excessive day time sleepiness or fatigue during the day.

What causes the airway to collapse during sleep?

- » Extra tissue at the back of airway, such as enlarged tonsils
- » Decreased muscle tone in throat
- » Tongue falling back or lower jaw retracting, closing off airway

Check all OSA symptoms that apply.

- ☐ Snoring
- ☐ Breath pauses, gasping or choking during sleep
- ☐ Restless sleep
- ☐ Excessive sleepiness or fatigue during the day (Epworth score >10)
- ☐ Large neck size (men ≥ 17 "; women ≥ 16 ")
- ☐ Crowded or narrow airway
- ☐ Morning headache
- ☐ Sexual dysfunction
- ☐ Frequent urination at night
- ☐ Difficulty concentrating
- ☐ Poor judgment
- ☐ Irritability; mood swings
- ☐ Memory loss, learning problems
- ☐ High blood pressure
- ☐ Depression/Anxiety
- ☐ Obesity
- ☐ Chronic nasal obstruction
- ☐ Older age/Menopause
- ☐ Pregnancy

What do the OSA categories of severity mean?

- » The severity of OSA is measured by the apnea-hypopnea index (AHI), defined as the number of apnea + hypopnea events per hour. Clinical studies show that moderate-to-severe OSA is associated with significant health risks.

Normal < 5 AHI
Mild = 5-15 AHI

Moderate = 15-30 AHI
Severe > 30 AHI

How many people have OSA?

- » 24% of middle-aged men and 9% of middle-aged women have OSA (approximately 12 million people in the United States).
- » 1 in 5 Americans have mild OSA; 1 in 15 has moderate-to-severe OSA.
- » 80% of OSA sufferers remain undiagnosed and untreated.
- » OSA is as common as adult asthma.

What health risks are associated with untreated OSA?

- » Coronary artery disease: 1.2-5.4 times higher for moderate/severe OSA.
- » Stroke: 1.6-3.1 times higher for moderate/severe OSA.
- » High blood pressure: 2.9 times higher for moderate/severe OSA.
- » Congestive heart failure: 2.4 times higher for moderate/severe OSA.
- » Type II diabetes: 1.5 times higher for moderate/severe OSA.
- » Fatigue-related motor vehicle accident: 2-7 times higher for OSA.
- » Increase in fatigue-related occupational accidents for OSA.
- » Decreased quality of life, poor job performance due to excessive daytime sleepiness.

What are the treatments for OSA?

Lifestyle changes in conjunction with medical treatments are needed to treat OSA.

- » Lifestyle Changes: sleep hygiene, weight loss, exercise, avoidance of alcohol, smoking, sedatives and hypnotics.
- » Medical Treatments: CPAP (continuous positive airway pressure), surgery, oral appliances. CPAP, the "gold standard," is the most effective treatment for OSA.

How does CPAP therapy work?

CPAP treats OSA by providing a continuous flow of positive-pressured air through a mask to splint airway open while asleep. Immediate benefits include:

- » Regulated breathing
- » Cessation of snoring
- » Restful sleep and quality of life restored and improved
- » Risks for HBP, heart disease, stroke, type II diabetes, motor vehicle and work accidents reduced