

Avery Tubbs

Sleep Apnea Assignment (Online Content 1H)

In order to receive full credit (1H class time) for this assignment, it must be completed in its entirety by 3/2/2023 at 0800. Any assignment not completed in its entirety will result in missed class time.

You may have to copy and paste this link to your browser.

<https://link.springer.com/article/10.1186/s40248-019-0172-9>

Refer to the above article and fill in the blanks for the following questions. Submit to the Sleep Apnea Dropbox by 0800, March 2nd. If you are unable to ctrl/click to open the article, copy and paste the link in the address box.

- 1) What is obstructive sleep apnea (OSA) characterized by?
Sleep apnea is characterized by the upper airway becoming blocked due to collapse. This can lead to hypoxia, respiratory distress as well as interrupted sleep.

- 2) How does the distribution of comorbidities differ between men and women?

Men with obstructive sleep apnea were more likely to also have diabetes and ischemic heart disease. Women with obstructive sleep apnea, on the other hand, are more likely to have hypertension and depression.

- 3) Name 10 common comorbidities often present in OSA patients.

- a. **.COPD**
- b. **.asthma**
- c. **.Coronary heart/artery disease**
- d. **.Diabetes**
- e. **.Hypertension**
- f. **.arrhythmias**
- g. **.ischemic stroke**
- h. **.Gout**
- i. **.dyslipidemia**
- j. **.peptic ulcer disease**

- 4) The best studied cardiovascular comorbidity in OSA is **__systemic hypertension__**.

- 5) What arrhythmia is especially prevalent in OSA patients?
Atrial fibrillation is especially prevalent in OSA patients.
- 6) Highly prevalent in OSA patients, the metabolic syndrome is a pre-diabetic state associated with **central obesity** and **increased cardiovascular risk**.
- 7) Untreated OSA in diabetic patients is associated with increased prevalence of **neuropathy**, **peripheral arterial disease**, **diabetic retinopathy**, and **diabetic nephropathy**.
- 8) The association between OSA and chronic obstructive pulmonary disease is known as what?
The association is known as overlap syndrome.
- 9) Sleep studies confirmed that OSA is **more common** in asthmatics than in controls, and the combination of OSA and asthma had a higher frequency of **asthma exacerbations**.
- 10) Careful assessment of **comorbidities** should become standard clinical practice for OSA patients.