

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?

Obstructive sleep apnea is described as the upper airway collapsing in during sleep that blocks airflow.

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

Women with OSA have comorbidities that include hypertension and depression while men show comorbidities of diabetes and ischemic heart disease.

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

- a. .systemic hyper tension
- b. .coronary artery disease
- c. .arrhythmias
- d. .ischemic stroke
- e. .copd
- f. .asthma
- g. .diabetes
- h. .dyslipidemia
- i. .gout
- j. .depression

4) The best studied cardiovascular comorbidity in OSA is ____hypertension and obesity_____.

5) What arrhythmia is especially prevalent in OSA patients? Atrial fib

- 6) Highly prevalent in OSA patients, the metabolic syndrome is a pre-diabetic state associated with _____obesity_____ and _____cardiovascular risk_____.
_____.
- 7) Untreated OSA in diabetic patients is associated with increased prevalence of _____neuropathy_____, _____peripheral arterial disease_____, _____, _____, and _____diabetic retinopathy_____.
_____diabetic nephropathy_____.
- 8) The association between OSA and chronic obstructive pulmonary disease is known as what? Overlap syndrome shows that both increase with age, poor sleep quality and systemic inflammation.
- 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.