

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?
 - OSA is characterized by collapse of upper airways during sleep with ineffective respiratory efforts, intermittent hypoxia and sleep disruption
- 2) How does the distribution of comorbidities differ between men and women?
 - Diabetes and ischemic heart disease being more prevalent in men with OSA.
Hypertension and depression being more prevalent in women with OSA.
- 3) Name 10 common comorbidities often present in OSA patients.
 - a. . Cardiovascular diseases
 - b. . respiratory diseases
 - c. . metabolic disorders
 - d. . peptic ulcer disease
 - e. . gastroesophageal reflux
 - f. . chronic liver disease
 - g. . anxiety
 - h. . insomnia
 - i. . depression
- 4) The best studied cardiovascular comorbidity in OSA is systemic hypertension.
- 5) What arrhythmia is especially prevalent in OSA patients? Atrial fibrillation
- 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? 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 **assessment** should become standard clinical practice for OSA patients.