

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?
 - a. Obstructive sleep apnea is characterized by the occurrence of extra tissue in your throat falling into your airway while sleeping. This obstruction limits the ability for air to enter your lungs this causing ineffective respiratory efforts, decreased oxygen levels in the blood and disturbance of sleep.

- 2) How does the distribution of comorbidities differ between men and women?
 - a. **Men**
 - i. Diabetes and ischemic heart disease are the more prevalent comorbidities in men
 - b. **Women**
 - i. Hypertension or increased blood pressure and depression are the more prevalent comorbidities in women

- 3) Name 10 common comorbidities often present in OSA patients.
 - a. Systemic hypertension
 - b. Coronary artery disease
 - c. Arrhythmias (A-fib)
 - d. Congestive Heart Failure
 - e. Ischemic stroke
 - f. COPD
 - g. Asthma
 - h. diabetes mellitus
 - i. dyslipidemia
 - j. gout
 - k. Renal Disease
 - l. Cancer

- 4) The best studied cardiovascular comorbidity in OSA is Systemic Hypertension.
- 5) What arrhythmia is especially prevalent in OSA patients?
 - a. Atrial fibrillation (AF, A-Fib)
- 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?
 - a. The association between OSA and COPD 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.