

Jimmy West

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 2<sup>nd</sup>. 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 a 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?**

- a. The distribution of comorbidities in men consists of diabetes and ischemic heart disease whereas the comorbidities in women was shown to be more hypertension and depression.

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

- a. . Hypertension
- b. . COPD
- c. . Asthma
- d. . Coronary artery disease
- e. . Arrhythmias
- f. . Ischemic Stroke
- g. . Diabetes mellitus
- h. . Dyslipidemia

- i. . Gout
  - j. . GERD
- 4) The best studied cardiovascular comorbidity in OSA is Systemic Hypertension.
  - 5) What arrhythmia is especially prevalent in OSA patients?
    - a. 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?
    - a. The association between OSA and chronic obstructive pulmonary disease 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.