

Sleep Apnea Assignment

(Online Content 1H)

Unit Objectives:

- Understand the relationship(s) between obstructive sleep apnea and cardiovascular risk. (1,2,6,7)*

In order to receive full credit (1H class time) for this assignment, it must be completed in its entirety by 2/29/2024 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, 2/29/2024. 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?
 - Characterized by the collapse of the upper airway 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 are more prevalent in men with OSA and HTN and depression are more prevalent in women with OSA
- 3) Name 10 common comorbidities often present in OSA patients.
 - a. . Cardiovascular and cerebrovascular disease
 - b. . Systemic hypertension
 - c. . Cardiovascular events/death
 - d. . Arrhythmias
 - e. . Cancer
 - f. . Metabolic diseases
 - g. . Diabetes
 - h. .Renal disease
 - i. . COPD
 - j. . Asthma

- 4) The best studied cardiovascular comorbidity in OSA is ___Systemic Hypertension_____.
- 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 __Central obesity__ and ___increased cardiovascular risk_____.
- 7) Untreated OSA in diabetic patients is associated with increased prevalence of neuropathy_____, _peripheral artery 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 comon___ 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.