

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 2/27/2025 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, 2/27/2025. 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 (OSA) is when the airway is blocked during sleep, causing snoring and poor rest. It increases the risk of heart disease and stroke. Some causes include obesity and a narrow airway.

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

Men with OSA are more likely to have diabetes and heart disease, while women with OSA are more likely to have high blood pressure and depression. OSA severity tends to increase with more health issues.

- 3) Name 10 common comorbidities often present in OSA patients.
 - a. Stroke
 - b. Systemic HTN
 - c. Arrhythmias

- d. **.Metabolic Disease**
- e. **.Diabetes**
- f. **.COPD**
- g. **.Asthma**
- h. **.Cancer**
- i. **.Obesity**
- j. **.Depression**

- 4) The best studied cardiovascular comorbidity in OSA is **Systemic hypertension**.
- 5) What arrhythmia is especially prevalent in OSA patients? **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, diabetic retinopathy, diabetic nephropathy, peripheral artery disease**.
- 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 **comorbidities** should become standard clinical practice for OSA patients.