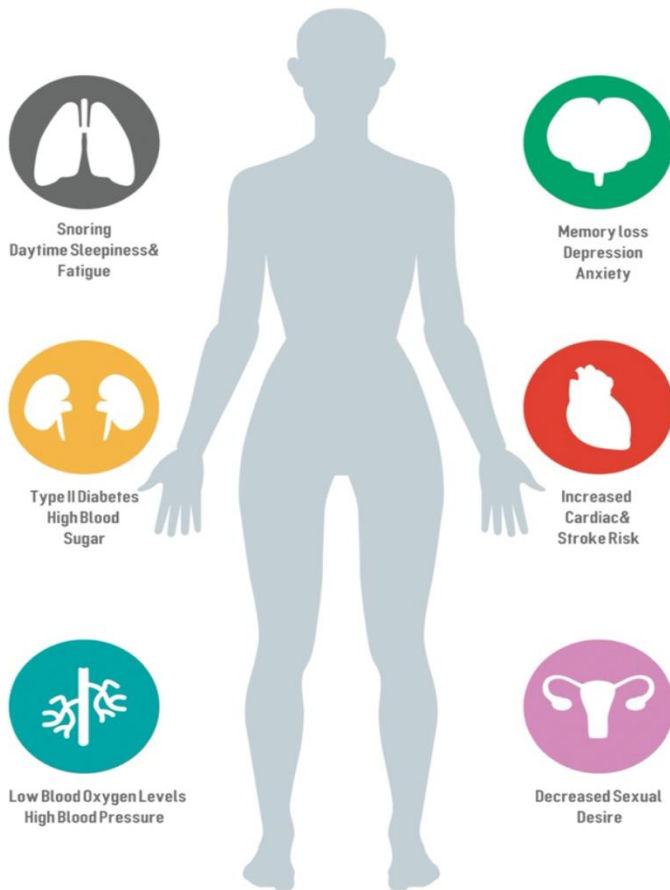
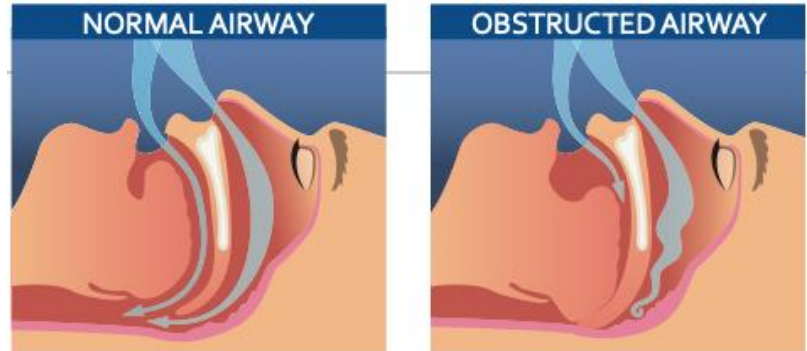


# OBSTRUCTIVE SLEEP APNEA

Obstructive sleep apnea (OSA) is a common problem that affects a person's breathing during sleep. People with OSA may have short periods of time during their sleep when their breathing stops (apnea) because they are unable to get air into their lungs. The obstruction in airflow is typically due to a collapse of the soft tissues in the back of the throat and tongue during sleep. Sometimes, these pauses in airflow can wake people up from their sleep.



## EFFECTS OF SLEEP APNEA

If not treated, OSA can affect many other organ systems and cause serious health problems. OSA may eventually cause high blood pressure, heart disease, stroke, diabetes, or even early death.

Early signs and symptoms of obstructive sleep apnea are:

- snoring, gasping, choking sounds
- restless tossing and turning
- frequent awakening from sleep
- sleepiness and fatigue
- headaches
- dry or sore throat
- personality changes
- memory or concentration problems

## TREATMENT:

In patients who are overweight, weight loss has been shown to help or even completely resolve obstructive sleep apnea. Other treatment options include surgical intervention, continuous positive airway pressure (CPAP) therapy, and treating other medical conditions that may irritate or obstruct the airway.

