



Your risk for stroke

It may be related to a
sleep disorder

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Clinical studies have shown a link between obstructive sleep apnea (OSA) and stroke. OSA is a common condition in which the upper airway repeatedly collapses during sleep, causing a decreased airflow that stresses the heart and the body during the night. If untreated, this condition has been associated with the development of various heart disorders including stroke, high blood pressure and abnormal heart rhythms.

Are you at risk for OSA?

- Do you snore?
- Do you ever stop breathing during sleep?
- Do you feel sleepy during the day?
- Do you have a history of high blood pressure?

If you answered yes to two or more of these questions, talk to your doctor. Your doctor can assess your need to have further evaluation of your breathing while you sleep. A sleep study will diagnose whether you have OSA and indicate the best treatment.

What are the benefits of treating OSA?

Clinical studies have shown that treatment of OSA may:

- Lower blood pressure
- Improve daytime energy and stamina
- Relieve excess stress on the heart and vascular system
- Reduce the potential risk for heart attack, stroke and heart disease

What is a sleep study?

In order to receive a proper diagnosis, you will be required to undergo a sleep study. Sleep studies can be performed in a sleep lab or at home using a portable device. During an in-lab sleep study, you will spend the night in a private room at a local sleep center. The use of a portable device allows you to undergo testing in a number of places including nursing homes, hospitals, or the comfort of your own home. Your physician will recommend the most appropriate type of study. Based on the results of the study, your physician will be able to make a diagnosis and recommend treatment options.



Talk to your doctor if you think you may have OSA.

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**For more information about sleep apnea, talk to your healthcare
provider or visit sleepapnea.com**

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Hoehc KW 5/18/09 MCI 4102319 PN 1047522