

## **OBSTRUCTIVE SLEEP APNEA (OSA)**

### **Could you have OSA?**

The most common symptoms for obstructive sleep apnea are snoring, excessive daytime sleepiness, and hypertension (High Blood Pressure).

Although we have been providing our patients snore guards since 1990, most people are not aware that their snoring may be a sign of OSA and cause for greater concern. Dr. Schwartz has completed sleep study courses regarding Obstructive Sleep Apnea and we would like to share with you some of the information he learned.

80-90% of patients living with Obstructive Sleep Apnea are undiagnosed.

In normal breathing during sleep the air passes through the nose and past the flexible structures in the back of the throat such as the soft palate, uvula and tongue. During sleep the muscles relax but normally the airway stays open.

Obstructive Sleep Apnea is a situation in which the entire upper airway is blocked causing air flow to stop. Snoring is created by the vibration of the pharyngeal soft tissues as air passes through an airway that is too small to allow for smooth, unimpeded flow.

OSA causes more auto accidents than DUI. It increases our risk of high blood pressure, stroke, GERD, diabetes, low testosterone levels and impotence.

If you suspect sleep apnea, diagnosis begins with history, clinical examination for signs and a sleep study. Treatment options include CPAP, dental devices and surgery.

If you snore or suspect sleep apnea **CALL TODAY** for an appointment: (813)684-7888.