

Obstructive Sleep Apnea

Screening (STOP-BANG)

- Snoring
- Tired
- Observed apnea/choking
- Pressure – high BP
- BMI >35
- Age >50
- Neck size >41-43 cm
- Gender - Male



Risk Stratification

- Low: 0-2
- Intermediate: 3-4
- High: 5+



Confirm with sleep study



Treatment

- Weight loss
- CPAP

Comorbidities Association

- Cardiovascular (MI, CHF, arrhythmia)
- CVA
- HTN
- Metabolic syndrome
- GERD
- Obesity

Physiologic Changes

due to intermittent hypoxia

- **Pulmonary HTN** → secondary to pulmonary vascular vasoconstriction
- **Systemic HTN** → secondary to sympathetic excitation & RAAS activation. Also endothelial dysfunction and lower Nitric Oxide

Garg's
Simple Medicine
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