

## Statistics:

A total of 5 million people in the U.S. have CHF

There are roughly 400,000 new cases of CHF per year in the U.S. alone

CHF is the #1 reason patients over the age of 65 are admitted to the hospital

20-25% of Americans have sleep apnea

Research conducted showed that among patients with CHF 40-68% also have sleep apnea

Mortality rate of a patient with CHF and undiagnosed sleep apnea is approximately 3 years

People with sleep apnea are 3x more likely to suffer a stroke

## SLEEP LABS NEAR YOU:

- Aliso Viejo
- Corona
- San Diego
- Sherman Oaks
- Torrance
- Tustin
- Westlake Village

## CHF, Stroke and Sleep Apnea

### CHF AND SLEEP APNEA

What is the common tie between these two life altering conditions? According to a study done by Dr. Jack Salah it could be devastating. With about 20-25% of the U.S. population having sleep apnea (diagnosed or undiagnosed) and an additional 5 million people having CHF this leaves us with a rather large problem. By the age of 65 you are more likely to be hospitalized for CHF than for any other reason, and 50% of patients with CHF could die within 5 years. As if the news couldn't get any worse add sleep apnea to the mix and a patient's rate of survival dramatically decreases. Among CHF patients studied in Dr. Salah's research 40-68% tested positive for sleep apnea when they had undergone a Polysomnography test. Among these patients 56% had approximately a 3 year mortality rate. "The Apnea Hypopnea Index (AHI) is the most significant predictor of survival" states Salah, with a two year mortality of 50% in patients with an AHI>30, vs. 26% in patients with an AHI<30. Good news is that with a simple one page questionnaire called the Epworth Sleepiness Test and a sleep study if indicated, patients can begin down the road of a healthier life.

### STROKE AND SLEEP APNEA

How can sleep apnea be a risk factor for stroke? For identi-

cal reasons as CHF, sleep apnea starts with a cessation of breath. This causes a slow decrease in the blood oxygen levels throughout the body. Once the brain becomes aware of these dangerously low blood oxygen levels it sends a signal to the heart telling it to start beating faster, which leads to an increase in blood pressure. This cycle can occur hundreds of times a night without the patient ever being aware of what's happening. Unfortunately this is one case that will eventually lead to a patient becoming hypertensive, and in some cases cause patients to have either a heart attack or stroke. A study done by Dr. Mohsenin and his colleagues found that, "people with sleep apnea are three times more likely to suffer a stroke or die, compared to people in a similar state of health but without sleep apnea." What's most surprising about the participants tested is that they were only about 47 years old. As the study showed, throughout the night participants with sleep apnea experienced repeated surges and drops in blood pressure and low oxygen levels. These findings indicate that these repeated surges and drops eventually impair the brain's ability to regulate blood flow. Again with a simple overnight test called a Polysomnogram, patients can be further prepared and aware before the problem becomes too large.

### ONCE DIAGNOSED WITH SLEEP APNEA

After visiting a local sleep lab for a Polysomnography test, doctors will receive the lab results, review them at the patient's next visit and inform the patient of whether or not they have sleep apnea. All hope is not lost if they are diagnosed with having sleep apnea, there are a few simple ways in which to treat this disorder. The most common is known as CPAP which is known to be the "gold standard" for treatment of sleep apnea. There are also surgical procedures which an ENT doctor can perform, and lastly oral appliance designed by dentists can be used either along with CPAP or by itself to alleviate sleep apnea.



For more information on CHF, Stroke and Sleep Apnea or if you would like to inquire about getting tested, please visit [www.remsleeplabs.com](http://www.remsleeplabs.com)

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