

# Sleep Apnea can be life threatening

## Obstructive Sleep Apnea

Obstructive Sleep Apnea (OSA) is recognized as repeated episodes of cessation in breathing while sleeping when the muscles in the back of the throat fail to keep the airway open.

Snoring is considered a major indicator of OSA, and risk factors include weight gain, age, family history and anatomic abnormalities. OSA is highly correlated with cardiovascular conditions such as hypertension, heart disease, Afib and stroke. OSA is also associated with daytime sleepiness, headaches, memory loss, mood changes, relationship disturbances and decreased libido.

**Sleep apnea affects an estimated 1 in 4<sup>1,2</sup> adults in the US**

**90% of sleep apnea patients are still undiagnosed<sup>3</sup>**

## Possible complications

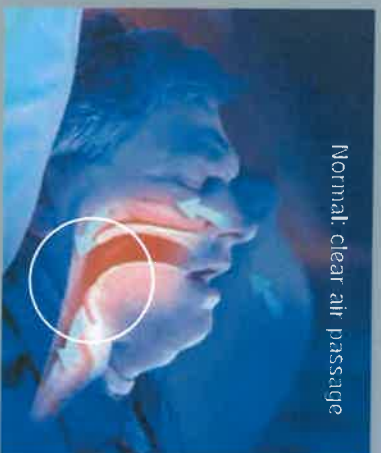
Untreated sleep apnea is a major independent risk factor contributing to:

- Hypertension
- Cardiovascular disease
- Cognitive impairment
- Daytime sleeping
- Depression
- Impotency
- Motor vehicle accidents
- Increased mortality

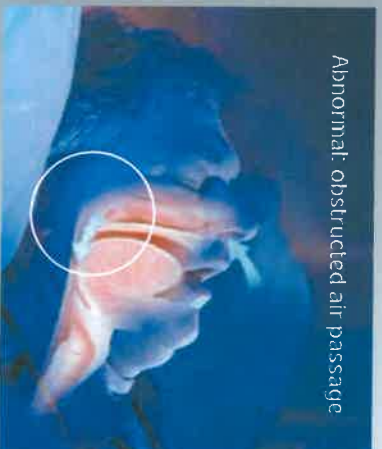
## Diagnosis of sleep apnea

Detecting sleep apnea can involve a sleep study, using polysomnography (PSG) to monitor various physiological functions during an overnight stay in a sleep laboratory or in a hospital.

Another option for diagnosis of OSA is a Home Sleep Test (HST). HSTs have grown in popularity due to increased patient comfort and they better reflect the actual pattern of the patient's sleep habits.



OSA is mainly caused by the collapse of the upper airway due to insufficient muscle tone during sleep or other anatomical factors.



## Treatment Options

The treatment of choice for Obstructive Sleep Apnea (OSA) is Continuous Positive Airway Pressure (CPAP). There are other treatment alternatives that keep the airway open, such as surgery, oral appliance therapy and weight reduction.

### CPAP



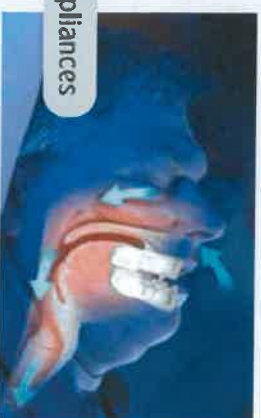
The pressurized flow keeps the airway open.

### Radiofrequency Thermoablation



Radiofrequency induced thermoablation creates submucosal volumetric lesions, which results in tissue reduction and stiffening, thus keeping the airway open.

### Oral Appliances



Repositioning oral appliances maintain the lower jaw in a protruded position, thus opening the airway and increasing muscle tone.

**The key to treatment is proper diagnosis**

# WatchPAT™

Itamar Medical's WatchPAT™ is the most simple to use FDA cleared Home Sleep Test diagnostic device. It is a small wrist-mounted device that allows testing to be done in the comfort of your own home. WatchPAT™ is as effective in diagnosing OSA in the privacy of your own home and natural sleep environment as polysomnography which is used in hospitals when testing for OSA\*. The WatchPAT is simple to use, reliable and accurate.



**A simple way to diagnose OSA**

## My Sleep Profile

If you answer true more than twice in this quiz from the American Academy of Sleep, you may want to discuss your sleep issues or risks for OSA, with your Healthcare provider.

	Yes / No
1. Do you Snore Loudly?	<input type="checkbox"/>
2. Do you often feel Tired, Fatigued, or Sleepy during the daytime?	<input type="checkbox"/>
3. Has anyone Observed you Stop Breathing or Choking/Gasping during your sleep?	<input type="checkbox"/>
4. Do you have or are being treated for High Blood Pressure?	<input type="checkbox"/>
5. Body Mass Index more than 35?	<input type="checkbox"/>
6. Age older than 50 year old?	<input type="checkbox"/>
7. For male, is your shirt collar 17 inches or larger? For female, is your shirt collar 16 inches or larger?	<input type="checkbox"/>
8. Gender = Male	<input type="checkbox"/>

### Scoring Criteria:

**For general population**

Low risk of OSA: Yes to 0-2 questions

Intermediate risk of OSA: Yes to 3-4 questions

High risk of OSA: Yes to 5-8 questions

# When did you last have a good night's sleep?



## Sleep Apnea diagnosis Today it's easier than ever

REF OM21986 13 Edition 3

References:

1. Epidemiology of Obstructive Sleep Apnea: a Population-based Perspective. Won Lee, Swamy Jagubadi, Meri R. Kryger, Babak Mokhtari, Expert Rev Respir Med. Jun 1, 2008; 2(3): 349-364.
2. Increased prevalence of sleep-disordered breathing in adults. Peppard PE, Young T, Barnett JH, Palta M, Hagen EW, Ha KM, Am J Epidemiol. 2013;177(9):1006.
3. Prevalence of undiagnosed obstructive sleep apnea among adult surgical patients in an academic medical center. Finelli KJ, Scafeaman AC, Tymkew H, Tanaka CY, Saager L, Saleh-Zadeh E, Bobtros M, Salcido JA, Jacobsen E, Pulley D, Dunley S, Becker C, Avidan MS, Sleep Med. 2009 Aug;10(7):753-8. doi: 10.1016/j.jsleep.2008.08.007. Epub 2009 Jan 30.
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