



SCREEN

DIAGNOSE

2



MANAGE

Understanding Obstructive Sleep Apnea



Obstructive sleep apnea (OSA) is a chronic disorder in which the upper airways are repeatedly blocked during sleep, leading to pauses in breathing.¹

In the US, there are approximately

24 million

adults with OSA.^{1,2}

In the current paradigm of care, the PCP has the best opportunity to screen and diagnose patients with OSA.⁴

Understanding the role you have as a PCP in recognizing and addressing OSA is an important step on the journey to managing OSA for your patients.



80%-90%

of patients with OSA are undiagnosed.^{1,3}

Common Symptoms



- Excessive daytime sleepiness^{5,6}
- Unrefreshing sleep⁵
- Snoring^{5,6}
- Episodes of stopped breathing during sleep⁶
- Abrupt awakenings accompanied by gasping or choking^{5,6,a}



Uncommon Symptoms*

- Morning headaches^{5,9,10}
- Brain fog⁹
- Insomnia⁹⁻¹¹
- Depression⁹⁻¹¹
- Fatigue^{6,9-11}

*More commonly reported by women at screening

Risk Factors



- Obesity⁷
- Biological sex⁷
- Smoking⁷
- Medication and alcohol use^{7,8}
- Craniofacial or oropharyngeal abnormalities⁷



Comorbidities⁸

- Type 2 diabetes
- Hypertension
- Stroke
- Heart failure
- Atrial fibrillation

Screening and Diagnosis

Screening: PCPs can screen for OSA during a regular visit¹² by asking questions about sleep, using brief questionnaires, and examining BMI,¹⁴ neck circumference,^{13,14} and tongue size.¹⁵

Diagnosis: PCPs can directly order an HSAT, while a sleep specialist is typically required for an in-lab sleep study.¹² If a patient receives a negative result from the HSAT, it is often recommended that they undergo an in-lab study for further evaluation.¹⁶

Treatment and Management



Personalize treatment tailored to each patient's needs, utilizing a multimodal approach and fostering collaborative care with the clinical team through a comprehensive, holistic approach.^{17,18}



Consider scheduling follow-ups, as studies suggest that adherence to OSA therapy can be associated with improvements in quality of life.¹⁹

*As reported by bed partners.

BMI = body mass index; HSAT = home sleep apnea test; OSA = obstructive sleep apnea; PCP = primary care provider.

1. Mayo Clinic. Accessed October 9, 2024. www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/symptoms-causes/syc-2035209

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