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# Recognizing Patients at High Risk for Moderate-to-Severe Obstructive Sleep Apnea (OSA)

Up to 90% of individuals with OSA are **undiagnosed** and **untreated**.<sup>1,2</sup>



Identifying OSA symptoms and features is key to recognition.<sup>3-7</sup>

## Hallmark Symptoms



Snoring<sup>3,4</sup>



Breathing pauses, choking, or gasping during sleep<sup>3,4</sup>



Unrefreshing sleep<sup>a,3</sup>



Daytime sleepiness<sup>a,b,3,4</sup>



Morning headache<sup>3,7,8</sup>



Large neck circumference<sup>4</sup>

OSA can present heterogeneously.<sup>3-7</sup>

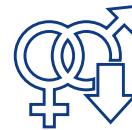
## Nonspecific Symptoms



Brain fog and difficulty concentrating<sup>7</sup>



Insomnia<sup>7-9</sup>



Decreased Libido<sup>4</sup>



Depression and irritability<sup>a,7,8</sup>



Fatigue<sup>4,7-9</sup>

<sup>a</sup>The relationship between OSA severity and accompanying symptoms, such as daytime sleepiness, unrefreshing sleep, and depression, is not well established.<sup>5</sup> <sup>b</sup>Daytime symptoms, such as sleepiness, and apnea-hypopnea index measurements of the severity of OSA are not strongly correlated.<sup>5</sup>

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## Common Chronic Conditions Associated with OSA.<sup>4,10</sup>

Consider screening for OSA in patients with resistant hypertension, pulmonary hypertension, or recurrent atrial fibrillation (after cardioversion or ablation).<sup>4</sup>



Obesity<sup>11</sup>



Type 2 diabetes<sup>10</sup>



Hypertension<sup>10</sup>



Stroke<sup>10</sup>



Atrial fibrillation<sup>10</sup>

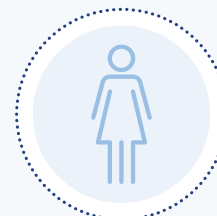


Heart failure<sup>10</sup>



Men are more likely to present with **hallmark** OSA symptoms.<sup>12</sup>

**Men and women may present different symptoms of OSA during initial evaluation.<sup>7-9</sup>**



Women often present with **nonspecific** OSA symptoms, making diagnosis more challenging.<sup>8,9</sup>

**Female patients may be screened for OSA less often due to the nonspecific nature of their symptoms.<sup>8</sup>**

**See the “Screening and Diagnostic Tools for OSA” tip sheet to learn how to help patients who you suspect have OSA.**

### References

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