

Diabetes & Sleep Apnea

Do you snore loudly during sleep or have poor (restless sleep), excessive daytime sleepiness or are you overweight?

If yes, you may be suffering from

OBSTRUCTIVE SLEEP APNEA

Left untreated, it can impact your diabetes treatment

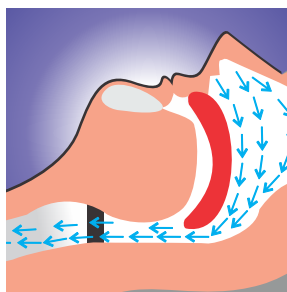


Obstructive Sleep Apnea or sleep apnea is a common breathing disorder during sleep when the soft tissues at the back of the throat collapse, leading to pauses in breathing.

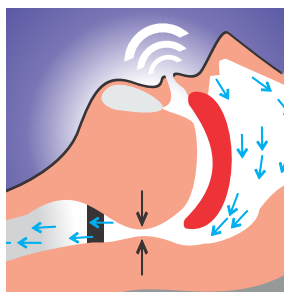
The collapse can be partial (hypopnea) or complete (apnea). When the tissues collapse partially, the airway becomes narrow and prevents enough air from entering our lungs. This causes a vibration in the throat which causes snoring. When the tissues collapse completely and there is no airflow to the lungs for ten seconds or more, it is called as **Obstructive Sleep Apnea (OSA)**.

The person stops breathing during an apnea. The brain senses the pause in breathing and alerts the body to breathe. This causes a brief arousal from sleep and the person starts breathing again. The person however may be unaware of such arousals.

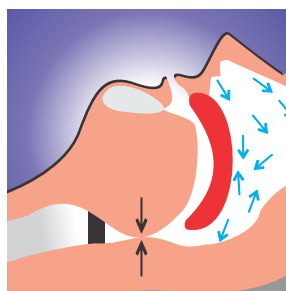
Such instances of apneas and hypopneas can occur hundreds of times a night. During these events, the brain and the body don't get enough oxygen and as a result the oxygen level drops.



Normal/Open Airway



Partially Collapsed Airway



Completely Collapsed Airway

Snoring is the most common symptom of sleep apnea.

The other symptoms & signs are:



Excessive daytime sleepiness



Daytime fatigue



Poor sleep/Restless sleep



Overweight



Poor concentration



Morning headaches

50% of diabetes patients suffer from Obstructive Sleep Apnea.



Left untreated, OSA can have serious consequences.

Untreated sleep apnea not only impacts the person's Quality of Life, but can also lead to: **Cardio Vascular Disease, Abnormal Heart Rhythms, Stroke, High BP, Diabetes, Depression** and can even lead to **Driving Accidents**.

“Persons with severe sleep apnea are at 4-times greater risk for all cause mortality and over 5-times more risk for cardiovascular mortality, than those without obstructive sleep apnea.”*

*Ref: Indian OSA Guidelines, Govt of India



Yes it can be easily diagnosed at home/sleep lab.



Sleep apnea can be easily diagnosed in the comfort and privacy of a person's home through a simple overnight home sleep study. The overnight study is completely non-invasive, painless and safe and doesn't require any medication.

Your doctor will advise you appropriate treatments options based on the findings of the report. If you are diagnosed with sleep apnea, you are likely to be prescribed CPAP treatment. CPAP (pronounced seepap) or continuous positive airway pressure is the most effective and widely used treatment for obstructive sleep apnea.

It's safe, completely non-invasive and small enough to fit your bedside table and doesn't look like a medical device. The device provides a gentle and continuous stream of air to keep the upper airway open and prevents it from collapsing (apneas) and thus enables the person to breathe freely.

Benefits of treatment

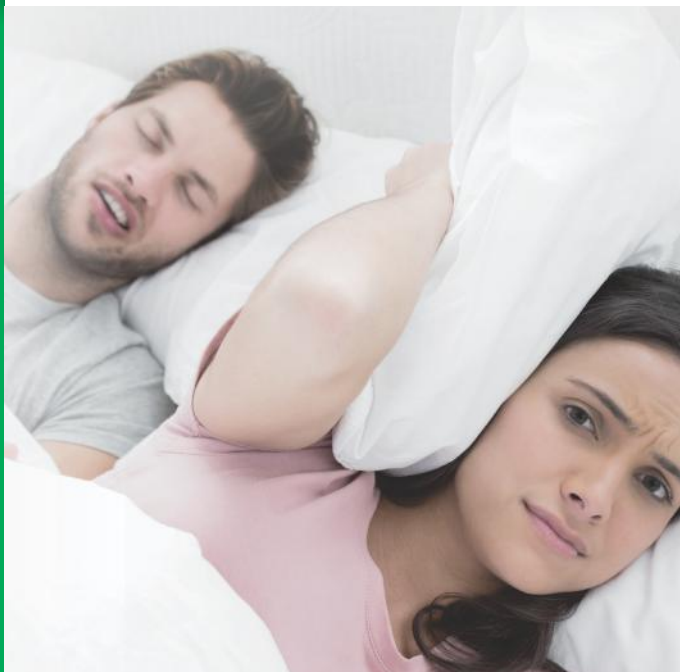
Regular use of CPAP results in the following benefits:

- Reduces diabetic complications
- Improves daytime energy and glucose control
- Reduces the potential risk for heart attack, stroke and heart disease
- Prevents or delays the progression of type 2 diabetes

To find out if you are at risk, please answer the following questions.

If the answer is YES to any of these questions, it means you may be suffering from obstructive sleep apnea.

- Do you snore loudly? YES NO
- Has your partner noticed that you gasp or stop breathing during sleep? YES NO
- Do you have excessive daytime sleepiness or daytime fatigue? YES NO
- Are you overweight? YES NO
- Do you have poor or restless sleep? YES NO



To know more about sleep apnea and to get yourself diagnosed, please talk to your doctor today.

Dr. Manvir Bhatia MD (Medicine), DM Neurology (AIIMS)

Dr. MANVIR BHATIA is a Senior Neurologist, Electro-physiologist and Sleep Specialist. She is a Director and Senior Consultant Neurology and Sleep Medicine, Saket City Hospital and at Neurology & Sleep Centre, New Delhi. In her previous roles, she was Senior Consultant in Neurology and Sleep Medicine at Medanta, Gurgaon, Addl. Prof. Neurology, AIIMS and Chairperson of Dept. of Sleep Medicine at Sir Ganga Ram Hospital, New Delhi.



Dr. Bhatia initiated the Epilepsy Surgery Programme at AIIMS; other important developments included starting the First sleep clinic & sleep laboratory and developing the 'state-of-the-art' Clinical Neurophysiology Laboratory at AIIMS.

Dr. Bhatia was invited by the WHO to participate in developing guidelines for health issues related to SLEEP DISORDERS. She started a program for training physicians in Sleep Medicine and won an award and scholarship from ISB-Goldman Sachs for a program at Hyderabad.

She is a member of the American Academy of Sleep Medicine, World Association of Sleep Medicine, Indian Society for Sleep Research, Indian Academy of Neurology and Indian Sleep Disorder Association.

She has been actively involved in creating awareness about Sleep and its importance and effects of poor sleep, in the community to improve health and overall well-being. Dr. Bhatia conducts support group meeting for patients with sleep disorders regularly.

Issued in public interest by



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