

# Obstructive Sleep Apnea IS THREE TIMES MORE COMMON IN PEOPLE WHO HAVE DIABETES

[www.mayoclinic.com/health/obstructive-sleep-apnea/DS00968](http://www.mayoclinic.com/health/obstructive-sleep-apnea/DS00968)



- Sleep deprivation from any cause increases blood glucose, blood pressure, and triglycerides, causes higher evening cortisol levels, reduces serum leptin secretion, and increases inflammatory cytokines. Treating sleep deprivation rapidly reverses these metabolic abnormalities.
- Diabetes and sleep apnea frequently coexist because obesity is a risk factor common to both.

Excerpts from: **Diabetes Spectrum**, Case Study: Sleep Apnea Diagnosis in a Man With Type 2 Diabetes Improved Control; <http://spectrum.diabetesjournals.org/content/19/3/190.full>



- The prevalence of OSA in type 2 diabetics as shown in PSG studies suggests that nearly 17 million of an estimated 24 million diabetic people in the US will have OSA.
- OSA severity is associated with poorer glucose control in type 2 diabetics.
- Untreated OSA may worsen glucose control and increase the need for more intensive pharmacotherapy in patients with type 2 diabetes.
- Treatment of OSA may improve glucose control as much as widely used pharmacologic agents.

[www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Training/WebBased/SleepApnea/OSAS\\_DM\\_508c.pdf](http://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Training/WebBased/SleepApnea/OSAS_DM_508c.pdf)

## Obstructive sleep apnea: symptoms and warning signs

- Daytime sleepiness
- Red and/or swollen throat
- High blood pressure
- Snoring
- Obesity
- Plaque build-up

## OSA increases the risk of:

- Coronary artery disease by 30%
- Stroke by 60%

## OSA is linked to:

- Obesity
- Attention Deficit Disorder
- Bipolar Disorder
- Gastric Reflux
- Diabetes
- Depression
- Memory Loss

**Dentistry offers a treatment option for  
OSA with oral appliance therapy.**



**Call**

**866-496-1160** or  
**260-496-8800** for information  
on oral appliances for your patients  
who snore and/or may have  
obstructive sleep apnea.