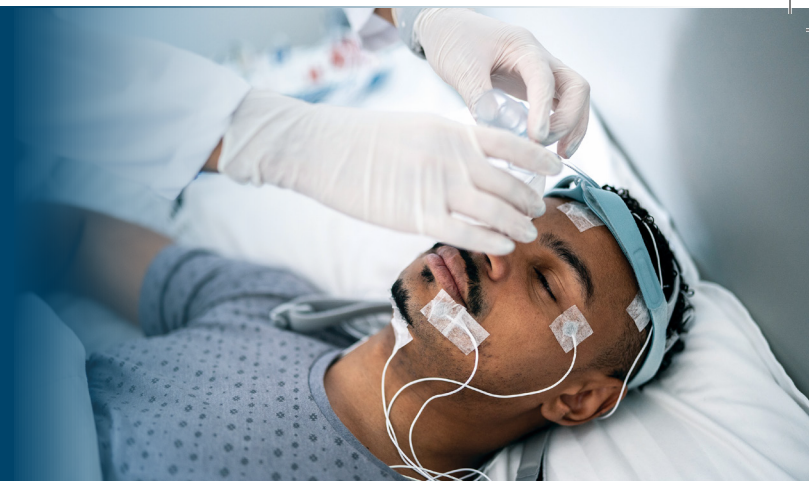


DIABETES & SLEEP APNEA

MORE COMMON THAN YOU THINK



More than 12 million Americans have sleep apnea, many remaining undiagnosed and untreated. Most associate sleep apnea with snoring, but did you know that sleep apnea is a severe complicating factor for diabetes? Some studies suggest that nearly 50% of people with type II diabetes have obstructive sleep apnea.

A NOT-SO-SILENT TRIGGER

Obstructive sleep apnea (OSA) is a very serious and potentially life-threatening sleep disorder. It can both cause and worsen many health conditions, including type II diabetes. OSA makes it more difficult to manage diabetes because when your breathing stops, there is an increase in carbon dioxide in your blood which leads to:

- Insulin resistance which leads to increase in blood sugars
- Chronic elevated blood pressure
- A higher incidence of cardiovascular disease
- An increased risk of diabetic kidney disease
- An increased risk of peripheral neuropathy

The American Diabetes Association recommends every patient with type II diabetes get assessed for OSA.

THE IMPACT OF SLEEP APNEA ON YOUR QUALITY OF LIFE

Inadequate rest or sleep can lead to a lack of motivation to exercise or plan meals. This often leads to irritability which can affect relationships with family, friends and coworkers. Sleepiness can also cause people to forget to take their medications which can lead to further diabetic complications.



At the McLaren Flint Sleep Diagnostic Center, we are committed to providing first class sleep diagnostics and treatment.

Conveniently located at G-3200 Beecher Road, Flint MI 48352, you'll always feel comfortable during your overnight sleep. Schedule an appointment today for a sleep study to evaluate your symptoms and begin treatment.

(810) 342-3900 or mclaren.org/flintsleep



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