

METABOLIC DISORDERS & SLEEP APNEA

MORE COMMON THAN YOU THINK

More than 12 million Americans have sleep apnea, many remain undiagnosed and untreated. Most associate sleep apnea with snoring, but did you know that sleep apnea is a severe complicating factor for bariatric patients? Some studies suggest that nearly 80% of people considering bariatric surgery have obstructive sleep apnea and are up to 30 times more likely to have comorbidities including hypertension, diabetes and others.

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 obesity. OSA itself can contribute to weight gain in obese patients in a mechanism associated with other OSA complications, including insulin resistance, sleep fragmentation and others.

Current consensus guidelines on OSA and bariatric surgery recommend screening of all patients before surgery.

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 health complications.



At the McLaren Sleep Diagnostic Center, we are committed to providing exceptional sleep diagnostics and treatment. We are also dedicated to ensuring you feel comfortable during your overnight sleep study.

We are conveniently located at G-3200 Beecher Road, Flint, MI 48352. Schedule your appointment today.

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



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