

STROKE & 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 recognized risk factor for stroke? Some studies suggest that nearly 72% of people who suffer a stroke or mini-stroke have obstructive sleep apnea.

A NOT-SO-SILENT TRIGGER

Obstructive Sleep Apnea (OSA) is a very serious health condition which can both cause and worsen many life threatening diseases, including stroke. Sleep Apnea is a risk factor for ischemic stroke, stroke recurrence and functional recovery following stroke. OSA is a potential trigger due to:

- Changes in airway pressure.
- Low oxygen levels in the blood.
- Endothelial dysfunction—the blood vessels in your heart constrict instead of expand, often as a response to heart trouble.
- Sympathetic activation—your heart working too hard to move blood and oxygen through your body.

If you experience severe sleep apnea, these triggers can put you at an increased risk of stroke.

THE IMPACT OF SLEEP APNEA AFTER STROKE

Not only is sleep apnea a risk factor for stroke, but it is also associated with numerous complications after stroke including:

- having another stroke
- increased risk of death should you have another stroke
- higher risk of post-stroke depression (this can lead to lower functional capacity after a stroke and more time in recovery)



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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