

**McLaren Print System Order**

Order No: 83441  
 Order Date: 2024-02-27  
 User: Becky Wolfington  
 Phone: 810 342 5515

Ship Location: **Becky Wolfington**  
**Beech Hill Center- Att Becky G3200 Beecher Road**  
**Flint, Mi 48532**

Brochures  
 Quantity: 151  
 Paragon Dept No: 281002560 Sleep Lab  
 Dept Name: Specialty Clinic  
 Company Number: 60

Order Total Price: 29.07

Item Number: M-125  
 Item Description: COPD AND SLEEP APNEA Flyer  
 Revision Date: 02/2024  
 Print:  
 Paper:  
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 Finish:  
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 Misc Info: 8.5 x 11, SS, 80# Offset Text

**COPD AND SLEEP APNEA**  
 COMMON SLEEP ISSUES

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 and COPD often occur together? This is known as Overlap Syndrome (OSA). It's estimated that up to 20% of patients with COPD also have obstructive sleep apnea.

**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 inactivity which can affect relationships with family, friends and coworkers.

**A NOT-SO-SILENT TRIGGER**  
 OSA is a very serious and potentially life-threatening sleep disorder. It can both cause and worsen many health conditions. Having OSA doesn't mean you'll develop COPD, and likewise, having COPD doesn't mean you'll develop OSA, but they are linked in several important ways.

- **Inflammation:** Both conditions involve inflammation. The inflammation in OSA can worsen the inflammation in COPD and vice versa.
- **Cigarette smoking:** cigarette smoking is associated with both conditions. It triggers inflammation and worsens the risk in both.
- **Obesity:** Obesity is a strong predictor of having a comorbid condition of OSA, increasing the risk of having it by 50% in men and 30% in women.

**EFFECTS OF OVERLAP SYNDROME**

- Abnormal heart beat
- Right side heart failure
- High blood pressure
- Pulmonary hypertension
- Stroke

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

We are conveniently located at  
 G-3200 Beecher Road, Flint, MI 48532.  
 Schedule your appointment today.  
 810-342-0900 or [mclaren.org/flint/sleep](http://mclaren.org/flint/sleep)

Spec. Info: please deliver to the Specialty Clinic at Beech Hill