

Lifestyle With Dr. Z



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“Dr. Z is a practicing Family Physician in Utah. His mission is to encourage and give hope in the lives of others. An entrepreneur, he developed and owns medical clinics, office buildings, and multifamily dwellings. He is committed to Wellness and forward-thinking complimentary medicine, personally enjoying an ultramarathon lifestyle and focus for optimal health.”



Sleep Apnea: Much More Common Than You Think

Do you know someone who has sleep apnea? A recent study showed that 37% of adults in the Americas have sleep apnea. That's 170 million people from the United States, Brazil, and Colombia, nearly 60% of all cases worldwide.

What Symptoms suggest Sleep Apnea?

Loud snoring, gasping for air during sleep, morning headache. Difficulty staying asleep, excessive daytime sleepiness, difficulty paying attention, and irritability are all common symptoms. Often, your bed partner will note that you stop breathing during sleep.

How Can I Find Out If I Have Sleep Apnea?

A simple screening test can point you in the right direction. [Free Sleep Apnea Test | Sleep Apnea Concerns? | CPAP.com](#). Clinching the diagnosis requires a visit with a sleep specialist. Testing often involves overnight monitoring of your breathing and other body functions. Home sleep testing also might be an option. Tests to detect sleep apnea include:

- Nocturnal polysomnography. During this test, you're hooked up to equipment that checks your heart, lung and brain activity, breathing patterns, arm and leg movements, and blood oxygen levels while you sleep.
- Home sleep tests. Your provider might be able to do a home test. These tests measure your heart rate, blood oxygen level, airflow and breathing patterns. Remember, however, that portable home testing might miss sleep apnea, so you might still need a test in a sleep lab.

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If you have obstructive sleep apnea, your health care provider might refer you to an ear, nose and throat specialist to rule out a blockage in your nose or throat. An evaluation by a heart specialist, known as a cardiologist, or a doctor who specializes in the nervous system, called a neurologist, might be necessary to look for causes of central sleep apnea.

OK, I Have Sleep Apnea. What Can I Do?

1. Lose Weight. Losing as little as 10% of your body weight can help improve obstructive sleep apnea symptoms. A research study found that patients who lost around 10% of their body weight over 56 months had their symptom scores improve by 31%.
2. Fix anatomical problems. Sometimes, all one needs to do is get their tonsils removed.
3. See the right specialist. You might need to see a cardiologist or a neurologist.
4. Inspire! It's the latest "new thing," and avoids the bulky sleep mask.

What Can Happen If I Don't Treat Sleep Apnea?

Untreated, Sleep Apnea can lead to daytime fatigue, mood changes and depression. People are more likely to get diabetes, liver problems, and high blood pressure. In the most serious cases, a low oxygen level from sleep apnea can cause irregular heartbeats and sudden death.

Inspire, a New Novel Treatment for Sleep Apnea.

Inspire is a device that keeps your airway open while you sleep. A pulse makes the muscles of your tongue move, keeping the airway open. This treatment works for many people, especially those who have not responded to other therapy. The device involves minor surgery and is performed by an ENT specialist. Here is a video that can explain further. [Bing Videos](#)

Takeaways:

- Sleep apnea affects more than one in three people.
- Testing for Sleep Apnea can be done at home
- New treatments can help improve the quality of your life!

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