



DENTAL SLEEP MEDICINE NEWSLETTER

PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



SLEEP APNEA AND CARDIOVASCULAR HEALTH: UNDERSTANDING THE LINK

The Hidden Heart Risks of Sleep Apnea: What You Need to Know

Sleep apnea, a common sleep disorder characterized by repeated interruptions in breathing during sleep, is more than just a nightly nuisance. It has profound implications for cardiovascular health, significantly increasing the risk of heart-related conditions.

How Sleep Apnea Affects the Heart:

Increased Blood Pressure: The intermittent pauses in breathing associated with sleep apnea lead to sudden drops in blood oxygen levels. This triggers the body to respond by increasing blood pressure, a condition known as hypertension.

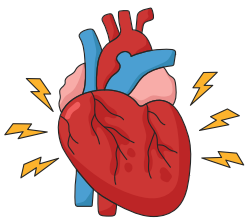
Heart Disease: Sleep apnea is closely linked with heart disease. The repeated oxygen deprivation and surges in blood pressure put undue stress on the heart.

Stroke: The risk of stroke is significantly higher in individuals with sleep apnea.

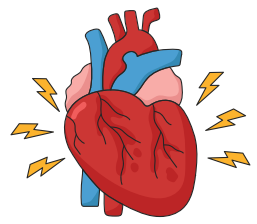
Arrhythmias: Sleep apnea can cause irregular heartbeats or arrhythmias. One common arrhythmia associated with sleep apnea is atrial fibrillation, which increases the risk of stroke and heart failure.

The connection between sleep apnea and cardiovascular health underscores the importance of early diagnosis and effective management of sleep apnea. By understanding and addressing this link, individuals can proactively protect their hearts and improve their overall health.

**ARE YOU AT RISK? SCHEDULE AN
AIRWAY EVALUATION TODAY.**



HEART HEALTH WORD SEARCH CHALLENGE



F B H M G M Y L L A B X P B L
H C L E V D W A B S T R O K E
D E A O A O X F H A R Q P S S
I N A R O L L I O E Z I G L L
E A H R D D T G B C A R U E E
T R R U T I P H C P X R M E E
G R J R E D O R S A E S T P P
Z H D S B X I V E P R M G A H
P Y Y L F E E S A S S O Q P Y
U T Q E S T P R E S S Y F N G
L H T E T V K E C A C U C E I
S M V P R U I Q Z I S U R A E
E I C U E T D N D F S E L E N
B A U N S Q O R D H K E S A E
Y S J L S J B G Z K M T Z V R

cardiovascular

exercise

arrhythmias

sleep hygiene

sleep

blood pressure

stroke

heart

sleep apnea

heart disease

stress

health

pulse

cpap

diet

