

Sleep Apnea

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Sleep apnea is a condition where the airways are obstructed causing the air flow to the lungs to be restricted. The word is apnea comes from the Greek meaning “without breath”. There are between 12-18 million people who struggle with this condition, making it almost as common as asthma and diabetes. There are three main types of SA:

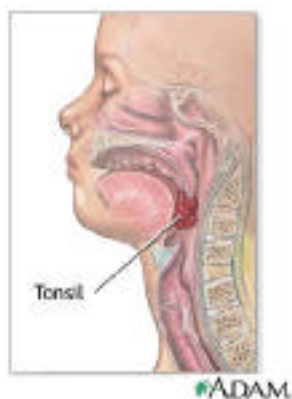
- Central SA- involves a problem with the part of the brain that controls breathing where a signal is not being received.
- Obstructive SA- there is physically something that is clogging up the airway and making it hard to breath.
- Mixed SA- combination of central and obstructive.

Risks leading up to sleep apnea include:

- Excess weight
- Hereditary
- middle-aged men
- abnormalities in throat
- snoring
- alcohol consumption
- sleeping pills
- predominately in African-American, Pacific Islanders and Hispanics

Main focus is on Obstructive Sleep Apnea(OSA). This is caused by an enlarged tonsil or uvula in the back of the throat that

Greatly enlarged tonsil causing obstructive sleep apnea



may constrict the airways.

There are different types of treatment methods that can be applied such as behavioral, surgical and mechanical. Behavioral Treatments include:

- Avoiding tobacco
- Alcohol
- Sedatives
- Throat relaxing medication
- Any medication that would reduce respiratory response

Surgical Treatments include:

- Nasal
- Throat
- Tongue
- Tonsillectomy

OSA is the main reason for tonsillectomies among children.

Mechanical Treatment:

CPAP Machine



Other devices are in the market and can run from anywhere from \$100-\$2300.

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