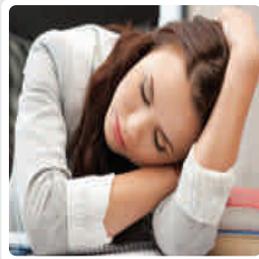


**1st Proof 6 Jan 2025**  
**2nd Proof 13 Jan 2025**  
**3rd Proof 16 Jan 2025**

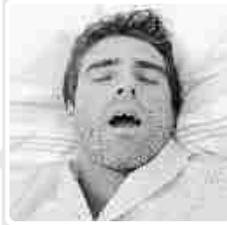


## ARE YOU SUFFERING FROM:

**Fatigue**



**Diabetes**



**Snoring**

**Excessive  
Day time  
Sleepiness**



**Obesity**



**High B.P.**

The reason could be  
**Obstructive Sleep Apnea.**

Do you get out of bed feeling tired even after sleeping for seven or eight hours? Do you suddenly wake up unable to catch your breath, and people also complain that you snore loudly? The culprit behind these problems could be Obstructive Sleep Apnea (OSA). OSA, if not diagnosed and treated in time can lead to bigger medical problems such as diabetes, high blood pressure, cardiac problems and obesity. And in case of patients already suffering from diabetes and high BP, OSA can further aggravate the condition.

## What is Obstructive Sleep Apnea?

OSA is a disorder that causes repetitive pauses in breathing while a person is relaxed during sleep. It occurs when muscles in the back of the throat relax to such an extent that they partially or completely block the airway. As the airway is blocked, air supply to the lungs is threatened or stopped altogether resulting in reduced blood oxygen level. Because of this, an OSA sufferer often wakes up when asleep but is not aware of the same.



Normal airways



OSA Airways

## How would 'You' know 'You' have OSA?

People with Sleep Apnea usually do not remember waking up during the night. As a result of poor quality of sleep, Sleep Apnea sufferers may often fall asleep easily during passive periods and in severe cases while at work, on the phone or even while driving.

## Symptoms of Sleep Apnea.

- Loud disruptive snoring and pauses in breathing and gasping or choking for air during sleep
- Waking up with a headache, feeling worn out, irritable, depressed and groggy
- Excessive daytime sleepiness
- Fatigue
- Obesity
- Changes in alertness, memory or mood
- Frequent trips to the bathroom at night

## If Sleep Apnea is left untreated it could result in:

### HIGH BLOOD PRESSURE

It has been found, many people with Obstructive Sleep Apnea develop high blood pressure (hypertension).

### CARDIAC PROBLEMS

Since, high blood pressure is one of the prominent reasons for major heart issues; Sleep Apnea is among the top four causes of heart diseases.

### DIABETES

Sleep Apnea causes adverse effects on glucose tolerance and insulin resistance, and maybe casually related to Type II diabetes.

### STROKE

Obstructive Sleep Apnea syndrome increases the risk of stroke, independent of other risk factors.

### OBSESITY

Generally OSA reduces physical activities, exercise performance; hence, Sleep Apnea increases the risk of weight gain, but it is also likely that Obesity can cause Sleep Apnea.

---

If you have any of the above symptoms kindly ask your doctor about sleep study.

## What is a sleep study?



In order to receive a proper diagnosis, you will be required to undergo a sleep study. Sleep Study can be performed in a sleep lab or at home using a portable device. During an in-lab sleep study, you will spend the night in a private room at a local sleep center. The use of a portable device allows you to undergo testing in a number of places including nursing homes, hospitals, or the comfort of your own home. Your physician will recommend the most appropriate type of study. Based on the results of the study, your physician will be able to make a diagnosis and recommend treatment options.

## Benefits of treating OSA:

Millions who took Sleep Apnea Treatment early, say that they're living stress free, energetic and fuller lives.

- It reduces daytime sleepiness and increases daytime energy & stamina
- Prevents or delays the progression of Type 2 Diabetes
- Lowers Blood Pressure & Diabetic complications
- Relieves excess stress on the heart
- Reduces the potential risk for Heart Attack, Stroke and Heart Disease

**Health Check-up Department Contact No:022 - 6259 7985/7984.**

**For Appt. Timings : Monday - Friday 8.30 am to 4.30 pm.**

**Saturday 8.30 am to 12 Noon.**

**Dr. Zarir F Udawadia**

**MD DNB FRCP (London) FCCP (USA)**

Contact health check department for a sleep study.