Obstructive Sleep Apnea

Obstructive sleep apnea occurs when a person stops breathing and then starts breathing again, repeatedly during a period of time while they are asleep. It can be caused by a variety of factors, including obesity, sleep position, and alcohol use. Treatment options include weight loss, lifestyle changes, and use of a continuous positive airway pressure (CPAP) machine. (Source: National Heart, Lung, and Blood Institute)

Jami's genetic result is associated with an increased likelihood of developing obstructive sleep apnea.

Ways to take action

To identify expressive symptoms of sleep apnea, reach out for help or modify the risks below:

- Maintain any required CPAP therapy
- Avoid smoking and use of alcohol
- Actively engage in regular physical exercise
- Avoid dietary changes and exercise
- Understand your stress levels
- Reduce nighttime bowel movements
- Keep weight at a healthy level
- Establish a regular sleep routine

About obstructive sleep apnea

What is obstructive sleep apnea?

Obstructive sleep apnea is a condition that occurs when the airflow to the lungs is blocked, causing a person to stop breathing momentarily during sleep. It can be caused by a variety of factors, including obesity, sleep position, and alcohol use. (Source: National Heart, Lung, and Blood Institute)

How can obstructive sleep apnea impact your health?

People with OSA often experience interrupted sleep, daytime symptoms, and fatigue. Because of this, they are at increased risk of accidents due to sleep deprivation. Researchers have found that OSA patients have significantly lower health-related quality of life and depressive symptoms compared to the general population. (Source: National Heart, Lung, and Blood Institute)

Other factors that can impact the diagnosis of developing obstructive sleep apnea

OSA is a diagnosis that can be influenced by a variety of factors, including age, weight, and family history. The likelihood of developing OSA increases with age, weight, and family history. (Source: National Heart, Lung, and Blood Institute)

Keep in mind

The results do not provide a diagnosis of sleep apnea. The test result can be used along with other information to help determine whether or not a person may have sleep apnea. The test result can be used along with other information to help determine whether or not a person may have sleep apnea. (Source: National Heart, Lung, and Blood Institute)

What was the result of the genetic test?

The genetic test result was positive for Jami's likelihood of developing obstructive sleep apnea. This means that Jami has a higher likelihood of developing OSA compared to the general population. (Source: National Heart, Lung, and Blood Institute)

How can Jami reduce her risk of developing OSA?

Jami can reduce her risk of developing OSA by making lifestyle changes, such as maintaining a healthy weight, quitting smoking, and using a CPAP machine. (Source: National Heart, Lung, and Blood Institute)