

## SDB & Comorbidities: Discovering the Connection

### Objectives

- Define sleep-disorder breathing (SDB).
- Discuss the relationship between obesity and SDB, including the clinical evidence and the mechanisms of each.
- Discuss the relationship between type 2 diabetes and SDB, including clinical evidence and the mechanisms of each.
- Discuss the relationship between cardiovascular disease and SDB, including clinical evidence and the mechanisms of each.
- Identify patients who have SDB through simple screening.
- Identify treatment options.

### I. Categories of SDB

### II. Overview of SDB

- A. Definition of obstructive sleep apnea (OSA)
- B. Definition of central sleep apnea (CSA)

### III. SDB and obesity

- A. Relationship between SDB and obesity
- B. Clinical evidence

### IV. SDB and diabetes

- A. Relationship between SDB and diabetes
- B. Clinical evidence

### V. SDB and cardiovascular disease

- A. Relationship between SDB and cardiovascular disease
- B. Clinical evidence

### VI. Screening of patients with SDB and treatment options

- A. Screening tools
  1. Questionnaires
  2. Oximetry
  3. ApneaLink™
- B. Positive airway pressure (PAP)
  1. CPAP
  2. Bilevel
  3. Adaptive servo-ventilation (ASV)

### VII. Summary and Resources

- A. Review
- B. Key to lasting results and complete compliance
- C. Resources