

# Comorbidities Associated with Obstructive Sleep Apnea

1

Excess weight is the strongest factor in the risk and severity of OSA

2

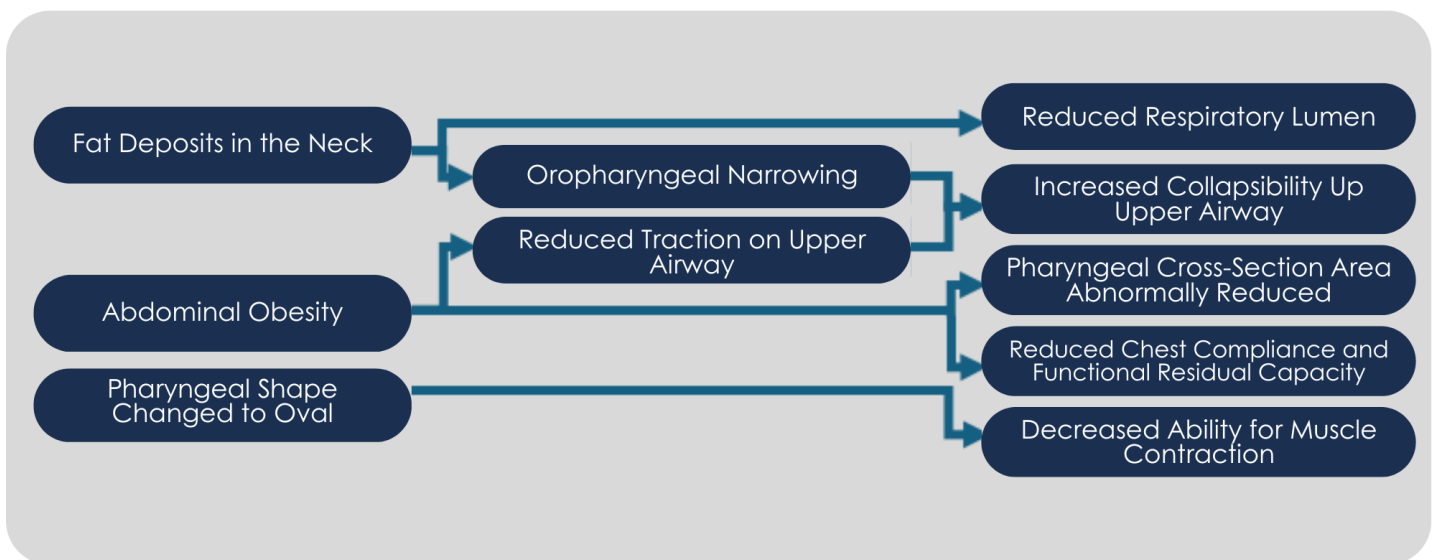
Weight management in OSA is critical

Particularly with patients with Type 2 Diabetes

3

Weight loss has positive impact on OSA severity and glycemic control with potential for cure

Approaches include medical, surgical, or lifestyle modifications



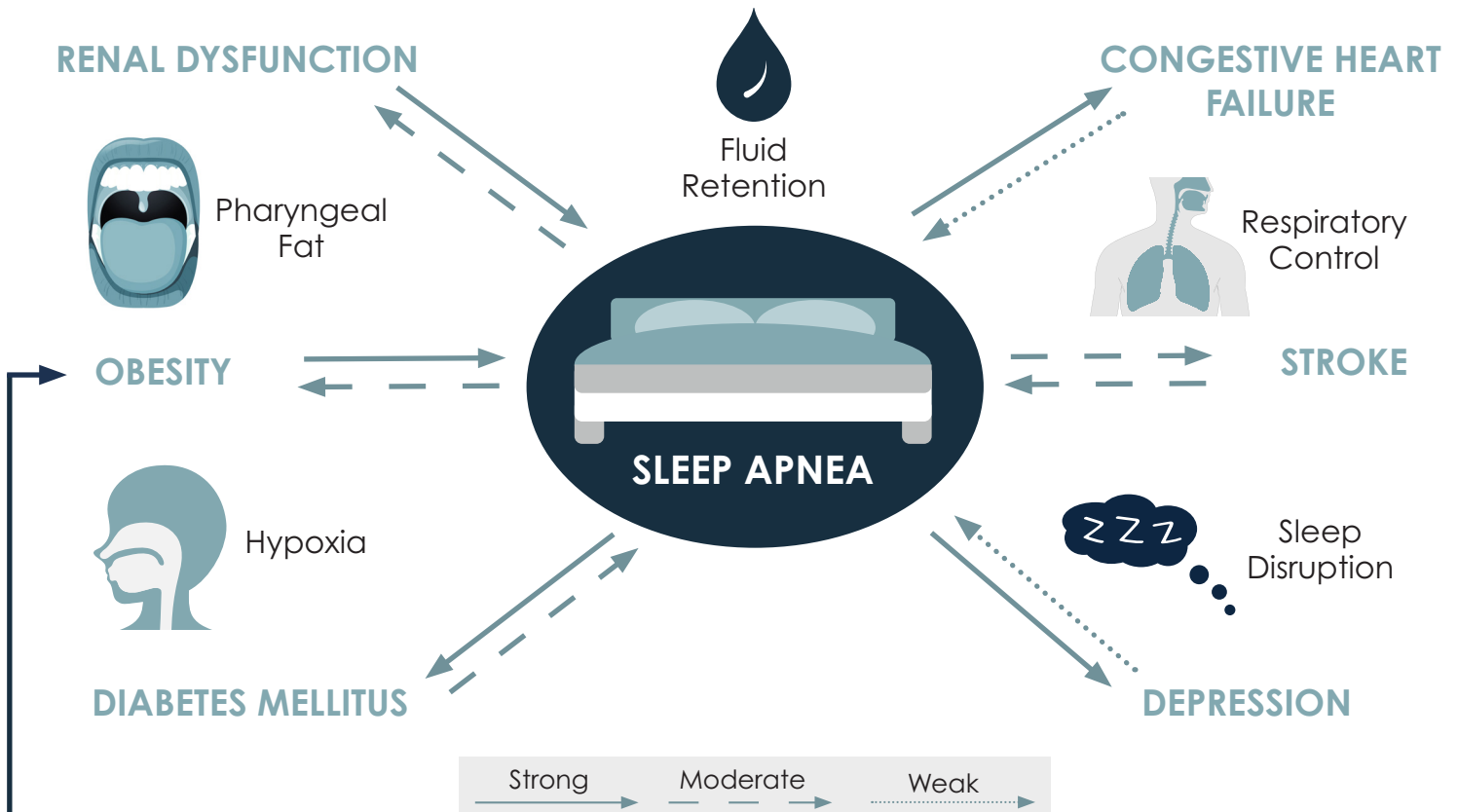
Gleeson M, McNicholas WT. Eur Respir Rev. 2022;31(164); Papaetis GS. Arch Med Sci Atheroscler Dis. 2023 Feb 28;8:e19-e34; St-Onge MP, Tasali E. Am J Respir Crit Care Med. 2021;203(2):161-162.



Bidirectional relationship between OSA and comorbid conditions may have implications for OSA treatment

Treating OSA may have positive impacts on comorbid conditions

**Moderate or Severe OSA:  
2x risk of fatal event vs No or mild OSA**



**70%**  
of patients with OSA  
experience obesity



Weight gain is an important risk factor for development and worsening of OSA

Effects of OSA Include:

- Fluctuating oxygen levels
- Increased heart rate
- Impaired glucose tolerance and insulin resistance
- Impaired concentration
- Mood changes
- Disturbed sleep of bed partner
- Increased healthcare utilization