

SLEEP APNEA RISK

High Sleep Apnea Risk

**WEIGHT LOSS
RECOMMENDATION**

**Weight Loss
Recommended**

An evaluation for sleep apnea is recommended.

Treatment can improve sleep and may prevent other health issues.

- Nearly 8 of 10 people with moderate-to-severe obstructive sleep apnea (OSA) don't know they have it. Based on your answers today, you're at high risk for undiagnosed OSA.
- The Weight Loss Recommendation is based on body mass index (BMI). It's a calculation used to identify people with possible weight concerns. BMI doesn't take into account many important factors, so it's just a first step. Ask a health care professional to determine your ideal weight.

Sleep Apnea Is a Common Sleep Disorder

In sleep apnea, people repeatedly stop and start breathing while sleeping. Undiagnosed or untreated obstructive sleep apnea (OSA) can cause health problems that may affect many parts of the body.

Problems can include hard-to-control blood pressure, heart and blood vessel disease, asthma, some types of cancer, eye disorders, type 2 diabetes, and complications during pregnancy for women.

Men are 2-3 times more likely than women to have OSA. In women, the risk of OSA goes up as weight increases and after menopause. Older age is an important OSA risk factor for both men and women.

Loud snoring and feeling tired even after a full night's sleep are signs of possible OSA. If you think you could have sleep apnea, talk to a health care professional. Treatment can improve sleep and may even prevent heart problems and other health issues.

Signs of Possible Sleep Apnea	Your Answers
Feel tired, fatigued, or sleepy during daytime	Yes
Snore loudly enough to be heard through closed doors	No
Someone observed your breathing stop during sleep	No
High Risk Factors for Sleep Apnea	You Reported
Age over 50	Yes
Male sex	Yes
Diagnosed with or treated for high blood pressure	No
Body mass index (BMI) greater than 35.0	Yes
Neck measures 16 inches or more around	Yes

Weight-Related Risk Factors

Obesity is one of the strongest risk factors for sleep apnea. But people in the healthy weight range can have sleep apnea too.

In people with too much body fat, losing a few pounds can improve sleep-related breathing problems. In some cases, the problems may even go away with weight loss.

This Healthy Weight Range is based on your height alone. And it doesn't apply to pregnant women or highly trained athletes.

WEIGHT (BMI)

Current Weight

287 pounds (BMI=40.0)
High Risk

Healthy Weight Range

For your height
133 lbs. to 178 lbs.

Calculating body mass index (BMI) is a first step in identifying people with too much body fat.

*For your height, 287 pounds is considered obesity.
Ask about a weight management program.*

People with thicker necks might have narrower airways.

Fat in the neck area can lead to crowding and narrowing of the breathing tube.

This can increase the chance of breathing problems during sleep.

NECK SIZE

16 inches or more
High Risk

A neck measuring 16 inches or more around (circumference) can be a sign of too much fat in the neck.

About This Assessment

This is a preliminary screening assessment based on a scientifically validated questionnaire.¹ The aim is to identify people who might benefit from a complete sleep apnea evaluation in a clinical setting. The weight-loss recommendations are derived from the 2013 AHA/ACC/TOS clinical practice guidelines.²

References

1. Chung F, Subramanyam R, Liao P, Sasaki E, Shapiro C, Sun Y. High STOP-Bang score indicates a high probability of obstructive sleep apnoea. *Br. J. Anaesth.* 2012;108(5): 768–75. doi: <https://doi.org/10.1093/bja/aes022>
2. Jensen MD, Ryan DH, Apovian CM, Ard JD, Comuzzie AG, Donato KA, et. al. 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. *Circulation.* 2013;00.000-000. doi: <http://dx.doi.org/10.1161/01.cir.0000437739.71477.ee>

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

THE INFORMATION CONTAINED IN THE RISK ASSESSMENT IS FOR YOUR PERSONAL USE ONLY. THIS RISK ASSESSMENT WILL NOT PROVIDE YOU WITH A MEDICAL SERVICE; IT WILL NOT DIAGNOSE, CURE, MITIGATE, TREAT, OR PREVENT DISEASE OR OTHER CONDITIONS; AND IT IS NOT INTENDED TO PROVIDE A DETERMINATION OR ASSESSMENT OF YOUR STATE OF HEALTH. ALWAYS CONSULT A LICENSED HEALTH CARE PROFESSIONAL SUCH AS YOUR FAMILY PHYSICIAN OR A SPECIALIST TO MAKE HEALTH CARE DECISIONS OR BEFORE STARTING ANY DIET OR EXERCISE PROGRAM. WE MAKE NO WARRANTIES, EXPRESSED OR IMPLIED, IN CONNECTION WITH THE RISK ASSESSMENT OR THE PERFORMANCE OF THE RISK ASSESSMENT, AND NEITHER THE ASSESSMENT PROVIDER, NOR MEDICOM HEALTH INTERACTIVE, WILL BE HELD RESPONSIBLE OR LIABLE FOR ANY COSTS OR DAMAGES RELATED TO USE OF THE RISK ASSESSMENT OR ANY INFORMATION PROVIDED THEREFROM.

Name: _____ mm-dd-yyyy

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(555) 555-4100

Mt. General Memorial Lakeport Hospital

524 SW Monarch St., Lakeport, MN 57653
(555) 555-5100

primaryResult
SLEEP APNEA RISK

High Sleep Apnea Risk

**Unknown Risk
for Sleep Apnea**

Low Sleep Apnea Risk

weightLossRecommendation
**WEIGHT LOSS
RECOMMENDATION**

**Weight Loss
Recommended**

recommendedDueToObesity

**Weight Loss May Be
Recommended**

maybeRecommendedDueToOverweight

**Stay In Healthy
Weight Range**

notRecommendedDueToNormalWeight

**Weight Loss Not
Recommended**

notRecommendedDueToUnderweight

See LUCIDCHART --> Sleep Apnea Profiler --> Calculations

primaryResult - https://www.lucidchart.com/documents/edit/ac7c2a56-4272-4a59-bf24-c389cec76858/0_0

bmiCategory - https://www.lucidchart.com/documents/edit/ac7c2a56-4272-4a59-bf24-c389cec76858/yXN70YIWcB_R

weightBadgeFormatter

WEIGHT (BMI)

Current Weight

A **High Risk**
pounds (BMI=XX.X)

B **Increased Risk**
pounds (BMI=XX.X)

C **Moderate Risk**
pounds (BMI=XX.X)

D **Low Risk**
pounds (BMI=XX.X)

E **No Increased Risk**
pounds (BMI=XX.X)

= 'weight'
XX.X = 'bmi'

Healthy Weight Range

For your height
WWW lbs. to XXX lbs.

For WWW & XXX: Show lower and upper bounds
of normal weight range for height, as follows:

WWW = BMI 18.5

XXX = [BMI 25.0] - 1 pound

CONDITIONAL SUB MESSAGE Driven by 'bmiCategory'

obese:

*For your height, ### pounds is considered obesity.
Ask about a weight management program.*

overweight OR underweight:

*For your height, ### pounds is considered {overweight/underweight}.
Ask a health care professional to determine your ideal weight.
'###' = weight*

normal:

*Only a health care professional can determine a person's ideal weight.
But based on general guidelines, you're in the healthy weight range!*

largeNeck

NECK SIZE

largeNeck = yes

16 inches or more
High Risk

largeNeck = unknown

Measurement unknown
Unknown Risk

largeNeck = no

Less than 16 inches
No Increased Risk

Result Messaging
Please check Lucidchart for longest version

Report Main Message

See LUCIDCHART --> Sleep Apnea Profiler --> Messaging --> reportMainMessage
<https://www.lucidchart.com/documents/edit/e23faa46-148a-4bbe-bb4a-7745eeb93300/8Niv0K.q2eCv>

Bullet 1

See LUCIDCHART --> Sleep Apnea Profiler --> Messaging --> bullet1
<https://www.lucidchart.com/documents/edit/e23faa46-148a-4bbe-bb4a-7745eeb93300/bAQ7xi3QKCVb>

Bullet 2

static

Page 1 Sleep Apnea Table

Signs of Possible Sleep Apnea		Your Answers	
oftenFatigued	Feel tired, fatigued, or sleepy during daytime	Yes	if oftenFatigued = no, show No ; else show Yes .
snoreLoudly	Snore loudly enough to be heard through closed doors	No	if snoreLoudly = no, show No ; else show Yes .
stopBreathing	Someone observed your breathing stop during sleep	No	if stopBreathing = no, show No ; else show Yes .
High Risk Factors for Sleep Apnea		You Reported	
age	Age over 50	Yes	if age <= 50, show No ; else show Yes .
sex	Male sex	Yes	if sex = female, show No ; else show Yes .
diagnosedHypertension	Diagnosed with or treated for high blood pressure	No	if diagnosedHypertension = no, show No ; else show Yes .
bmi	Body mass index (BMI) greater than 35.0	Yes	if bmi <=35.0, show No ; else show Yes .
largeNeck	Neck measures 16 inches or more around	Yes	if largeNeck = no, show No ; if unknown, show Unknown ; else show Yes .

