

Mayo Clinic Medical Edge
Obstructive Sleep Apnea

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	DO YOU HAVE TROUBLE STAYING AWAKE DURING THE DAY? IF SO YOU'RE NOT ALONE. IT'S ESTIMATED THAT AS MANY AS ONE IN FOUR PEOPLE HAVE A SLEEP DISORDER. DR. ERIC OLSON, A SLEEP MEDICINE SPECIALIST AT MAYO CLINIC SAYS ONE OF THE MOST COMMON IS OBSTUCTIVE SLEEP APNEA. THAT'S WHERE THE...
Eric Olson, M.D. Track 1 (:35)	"THROAT CLOSES OFF AND OBSTRUCTS OR BLOCKS THE FLOW OF AIR."
	RARELY LIFE THREATENING,

	<p>SLEEP APNEA TYPICALLY WAKES A PERSON UP. USUALLY SO BRIEFLY THEY CAN'T EVEN REMEMBER IT.</p>
<p>Dr. Olson Track 3 (13:50) Track 2 (2:01)</p>	<p>“BUT SOMETIMES IT IS ONE THESE... (SNORT) AND THEY DO COME TO WITH THE SENSE THAT THEY HADN'T BEEN BREATHING. ALL THOSE MICRO-AWAKENINGS DURING THE NIGHT HAVE THEIR CUMMULATIVE TOLL.”</p>
	<p>LIFESTYLE CHANGES LIKE LOSING WEIGHT CAN HELP MILD CASES. MODERATE TO SEVERE SYMPTOMS MAY REQUIRE USE OF A CPAP DEVICE WHICH USES AIR PRESSURE TO KEEP THE AIRWAY OPEN. SURGERY OR DENTAL APPLIANCES MAY ALSO BE OPTIONS THAT CAN HELP.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>
