

**You could be  
suffering from  
sleep apnea**

**and not even know it.**



## **Do you wake up most days feeling tired? Sleep deprived? And/or irritable?**

According to the World Health Organization, an estimated 100 million individuals across the globe suffer from sleep apnea. In fact, an American Sleep Apnea Association report claims that sleep apnea affects 1 in 4 men and 1 in 9 women across the United States. Therefore, it is estimated that as few as 50 million to as many as 70 million Americans are afflicted by sleep apnea. In addition, it is speculated that close to 80% of all sleep apnea patients remain undiagnosed, causing people to potentially battle a host of life-threatening health risks such as blood pressure, heart attack and failure, and stroke.

## **What is Sleep Apnea?**

While asleep, individuals who are plagued with sleep apnea stop breathing for short periods of time. As per the American Lung Association, pauses in breathing can be just a few seconds to minutes, and occur as little as 5 to as many as 30 times per hour. There are two types of sleep apnea with the only difference being the primary cause: obstructive sleep apnea (OSA) and central sleep apnea (CSA).

With OSA, there is an obstruction of the airway, which impacts your breathing during sleep. With CSA, the brain does not send the correct message to your muscles so that you can properly breathe. Regardless of the type of sleep apnea, airflow and breathing are hampered. With no or little air freely flowing to your lungs, there is a decrease in oxygen levels in the blood. Therefore, it comes as no surprise that sleep apnea is a debilitating and life-shortening condition that can impact not only your life but livelihood.

**50<sup>TO</sup> 70**

**MILLION  
AMERICANS**

— *are afflicted by* —

**SLEEP APNEA**

---

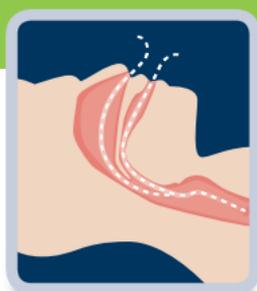
**80%**

— *of people with* —

**SLEEP APNEA**

— *are* —

**UNDIAGNOSED**



*Normal Open  
Airway*



*Partially  
Blocked Airway*



*Completely  
Blocked Airway*

## What causes and symptoms are associated with sleep apnea?

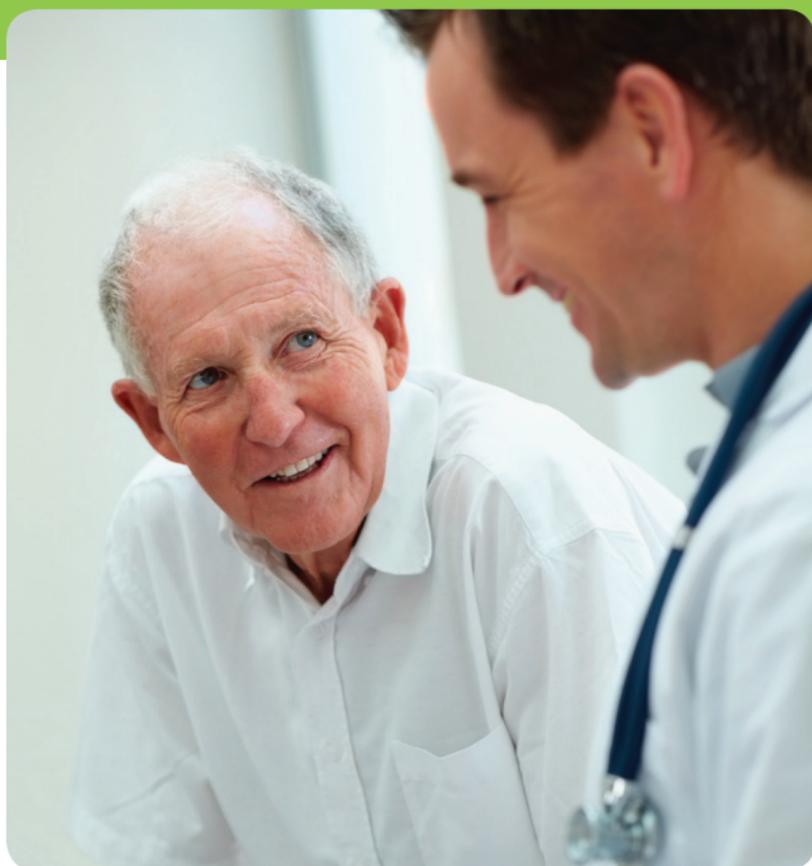
During sleep, your body undergoes many physiological changes. With OSA, your soft palate sags and the tongue relaxes as it slides back, which can partially or totally obstruct your airway.

OSA can occur in varying degrees from mild to moderate to severe. Whether your airway is narrowed, partially collapsed, or completely blocked, it becomes increasingly difficult for air to reach the lungs when you inhale. If air manages to squeeze past the narrowing or blockage, snoring ensues and/or obstructed breathing can end with a gasp.

If your airway is blocked by 80% or more, there is an increase in the level of carbon dioxide. As a resulting defense mechanism in the brain, your body is triggered to resume normal breathing once again.

In addition to observed loud snoring, other symptoms of sleep apnea may include:

- ☾ Excessive sleepiness and non-refreshing sleep
- ☾ Mood and behavior changes
- ☾ Morning headaches, and sore/dry throat
- ☾ Lack of concentration and memory issues
- ☾ Insomnia
- ☾ Night sweats



## **How is Sleep Apnea Diagnosed?**

One of the fundamental problems facing individuals who might suffer from sleep apnea is their lack of awareness. Hence, it is vitally important that any person experiencing sleep apnea symptoms receives an accurate sleep disorder diagnosis.

In order to evaluate the possibility of OSA, a sleep study should be performed, which will determine the number of respiratory episodes occurring during the course of an hour. Also known as a respiratory disturbance index (RDI), this information along with other factors determines the best course of treatment to resolve sleep apnea for each patient on an individualized basis.

## **Who is at risk of developing sleep apnea?**

Although men may be at a slighter risk, both genders can develop OSA. Despite the fact that OSA seems to be more common as we age, children can also develop the problem. Excess weight and obesity are strongly associated with OSA.

## **If you have sleep apnea and aren't treated, what consequences are possible?**

Certainly, if your sleep apnea is left untreated, you will continue to experience disrupted sleep, and fatigue will wreak havoc on your life day in and day out. With lack of restful sleep, it is likely you may have difficulty with your concentration, reasoning and reaction timing. What you may not realize is that you are at serious and higher risk to develop other health issues, such as high blood pressure, heart attack and failure, stroke, and even experience accidents at work or behind the wheel of your car.

## **What is SATCOA's innovative treatment option?**

At Sleep Apnea Treatment Centers of America (SATCOA), we offer a safe, effective alternative to traditional sleep apnea treatments. Gone are the days of painful invasive throat surgeries, bulky dental devices and loud continuous positive airway pressure (CPAP) masks to treat your condition. We have discovered that our minimally invasive radio frequency ablation (RFA) procedure is superior to any other option in the treatment of sleep apnea.



*RFA to the Tongue Base*

RFA works by directing small amounts of temperature-controlled and targeted energy to the base of the tongue in the back of the throat. Following the procedure, the treated area heals; tissue is tightened and thus reduced in size. This tightening and reduction directly prevents the tongue from blocking the airway while one sleeps, reducing and virtually eliminating sleep apnea.

Each appointment lasts a total of 45 minutes, which includes an average procedure time of only 2 to 4 minutes. Patients can return to work immediately after the RFA procedure.

Through the use of SATCOA's innovative RFA procedure, patients are receiving care, which in most cases cures their sleep apnea. Hence, their quality of life is enhanced. And it all takes place in a safe, in-office setting with no general anesthesia and minimal recovery time. In fact, SATCOA's sleep apnea treatment device is Food and Drug Administration (FDA) approved and touts a complication rate of less than 1% compared to the industry average of 4% for other surgical treatments.

**To schedule a consultation or for more information,  
please call 1-855-863-4537 to speak with one of our  
medical concierge today!**

