

BROADCAST-FDA approval for sleep apnea drug could let some ditch their CPAP machines

ANCHOR LEAD-IN:

It's estimated that 26 percent of adults have sleep apnea which, without treatment, can make for a less-than-restful night and drowsiness during the day. Many people leave it untreated, particularly those who don't want to wear a CPAP mask that helps keep airways open. Now, the FDA could have another option – a drug called Zepbound.

VO or Radio Package

Zepbound is the first FDA-approved prescription drug to treat moderate-to-severe obstructive sleep apnea (OSA) in adults who are obese. OSF HealthCare Director of Sleep Medicine Dr. Sarah Zallek says it's a significant development, but she stresses that if you're trying Zepbound to address sleep apnea, a doctor should continue to monitor weight loss and then test again to see if a person's airway has opened up.

"Keep using that treatment until you successfully lose weight and get rid of the sleep apnea. It's not time to stop the CPAP and switch to Zepbound, for example. To treat sleep apnea, it's time to continue what you're doing, approach weight loss and then see if the sleep apnea has resolved." (:21)

ANCHOR TAG:

Dr. Zallek says Zepbound can have some significant side effects such as nausea and other gastrointestinal issues so talk to your doctor about weighing the side effects with benefits.