

Sleep Apnea: More than a Snore

OSF HealthCare Newsroom

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BROADCAST SCRIPT

INTRO

IT'S SOMETHING YOU DON'T WANT TO LOSE SLEEP OVER – BUT ACCORDING TO THE AMERICAN ACADEMY OF SLEEP MEDICINE... NEARLY 30-MILLION ADULTS IN THE UNITED STATES ARE AFFECTED BY OBSTRUCTIVE SLEEP APNEA. ALMOST 80-PERCENT OF THESE CASES ARE UNDIAGNOSED.

TAKE VO

THE A-A-S-M HAS LAUNCHED AN AWARENESS CAMPAIGN– CITING THE CONDITION WHICH COSTS THE U.S. MORE THAN 1-HUNDRED-49 BILLION DOLLARS IN HEALTH CARE COSTS... LOST WORK PRODUCTIVITY... WORKPLACE AND MOTOR VEHICLE ACCIDENTS.

DR. JUANBOSCO (**WAHN-BOSS-COE EYE-YAH-LUH**) AYALA IS A PULMONOLOGIST WITH OSF HEALTHCARE. HE SAYS THE MOST COMMON SIGNS OF SLEEP APNEA ARE AN OVERALL TIREDNESS THROUGHOUT THE DAY... AND DOZING OFF.

18 SECOND SOT

“Patients feel very tired and don't feel energized after waking up in the morning. They may have morning headaches, a dry mouth, and they may be told by their significant other that they snore or stop breathing in the middle of the night.”

VO TAG

THE MOST COMMON TREATMENT FOR SLEEP APNEA IS THE C-PAP MACHINE AND MASK.

DR. AYALA SAYS PEOPLE CAN WEAR A FULL MASK THAT COVERS THE NOSE AND MOUTH... WHILE SOME DO WELL WITH JUST A NASAL MASK. HE ADDS IF YOU SUSPECT YOU MAY HAVE SLEEP APNEA... SEE YOUR HEALTH CARE PROVIDER TO GET EVALUATED.

VO/SOT #2

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TAKE VO

THE A-A-S-M HAS LAUNCHED AN AWARENESS CAMPAIGN – CITING THE CONDITION WHICH COSTS THE U.S. MORE THAN 1-HUNDRED FORTY-NINE BILLION DOLLARS IN HEALTH CARE COSTS... LOST WORK PRODUCTIVITY... WORKPLACE AND MOTOR VEHICLE ACCIDENTS.

DR. JUANBOSCO AYALA (**WAHN-BOSS-COE EYE-YAH-LUH**) IS A PULMONOLOGIST WITH OSF HEALTHCARE. HE SAYS WHILE MOST SLEEP APNEA PATIENTS ARE OVERWEIGHT – IT CAN AFFECT ANYONE.

13 SECOND SOT

“There is a subset of the population that is fit, not necessarily overweight, and they have sleep apnea. Sometimes not thinking about it leads to impediments in treatment.”

VO TAG

DR. AYALA SAYS LONG-TERM CONSEQUENCES USUALLY INVOLVE THE HEART OR LUNGS... WITH AN INCREASED RISK FOR HEART ATTACKS OR STROKES. HE ADDS IF YOU SUSPECT YOU MAY HAVE SLEEP APNEA... SEE YOUR HEALTH CARE PROVIDER TO GET EVALUATED.