

Transcript of Media for New FDA approved drug for sleep apnea

Dr. Sarah Zallek, vice president/chief medical officer OSF HealthCare St. Joseph Medical Center and medical director OSF Sleep in Peoria

Plenty of people who lose weight will be able to ditch their CPAP machines.

"So if you're wearing CPAP and you have weight-related sleep apnea, weight loss is a great idea. The approval of Zepbound (tirzepatide) is a new avenue for us to look for treating overweight or obesity and to treat sleep apnea." (:21)

Dr. Zallek says if switching to 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." (:20)

With GLP-1 agonists, such as Zepbound, Dr. Zallek says they are so effective at quick weight loss that there is a significant risk of losing muscle.

"It's really important for people who are using GLP ones to maintain adequate nutritional intake, particularly with high quality protein, and maintain exercise, so that they get muscle resistance exercise and build and maintain muscle very important." (:18)