

RESPIRONICS®



**ARE YOU AWARE OF THE  
IMPACT MENOPAUSE MAY HAVE  
ON YOUR SLEEP?**

Clinical studies have shown a link between obstructive sleep apnea (OSA) and women who have gone through menopause. OSA is a common condition in which the upper airway repeatedly collapses during sleep, causing a decreased airflow that stresses the heart and the body. Untreated OSA has been associated with the development of heart disease, Type 2 diabetes and stroke.

## **ARE YOU AT RISK FOR OSA?**

- Do you snore?
- Do you ever stop breathing during sleep?
- Do you feel sleepy during the day?
- Do you have a history of high blood pressure?

If you answered yes to two or more of these questions, talk to your doctor. Your doctor can assess your need to have further evaluation of your breathing while you sleep. A sleep study will diagnose whether you have OSA and indicate the best treatment.

## **WHAT ARE THE BENEFITS OF TREATING OSA?**

Clinical studies have shown that treatment of OSA may:

- lower blood pressure
- improve daytime energy and stamina
- prevent or delay the progression of diabetes
- reduce the potential risk for heart attack, stroke and heart disease

## WHAT IS A SLEEP STUDY?

In order to be properly diagnosed, patients spend a night in a private room at a local sleep center, where sleep patterns, breathing and heart activity are monitored and recorded. The overnight recording is safe and painless.



**TALK TO YOUR DOCTOR IF YOU THINK  
YOU MAY HAVE OSA.**

Respironics is a leading developer, manufacturer and distributor in the sleep-disordered breathing industry. It is recognized worldwide for its continuous stream of medical innovations and advancements in the management of sleep disorders. Having introduced the first commercially available CPAP device for the treatment of sleep apnea more than 20 years ago, the Company is continually pursuing new innovations that will improve the quality of patients' lives.

For more information about  
Obstructive Sleep Apnea visit:

[www.sleepapneainfo.com](http://www.sleepapneainfo.com)  
[www.respironics.com](http://www.respironics.com)



**RESPIRONICS®**

Customer Service: 1-800-345-6443 or 724-387-4000  
Respironics Europe, Africa, Middle East: +33-1-47-52-30-00  
Respironics Asia Pacific: +852-3194-2280  
[www.respironics.com](http://www.respironics.com)

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