

Mayo Clinic Medical Edge
Sleep Apnea and Heart Disease

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	COULD YOUR BEDTIME BREATHING HABITS SPELL TROUBLE FOR YOUR HEART OR BRAIN? IN A RECENT JOINT STATEMENT, THE AMERICAN HEART ASSOCIATION AND THE AMERICAN COLLEGE OF CARDIOLOGY PUSH FOR MORE RESEARCH LOOKING INTO LINKS BETWEEN HEART DISEASE AND SLEEP APNEA.
Virend Somers, M.D.	"GENERALLY, IN SOMEBODY WITH SLEEP APNEA AND A COEXISTING CARDIOVASCULAR DISEASE CONDITION LIKE HEART FAILURE OR STROKE, WE THINK THE SLEEP

	APNEA WAS THERE FIRST. BUT, WE DON'T KNOW FOR SURE THAT SLEEP APNEA CAUSED THE STROKE OR CAUSED THE HEART FAILURE.”
	DR. VIREND SOMERS IS A MAYO CLINIC CARDIOLOGIST WHO CHAIRED THE COMMITTEE THAT DEVELOPED THAT STATEMENT.
Dr. Somers	“DOES SLEEP APNEA CAUSE HEART DISEASE, IF SO, WHICH HEART DISEASES DOES IT CAUSE? AND IF WE TREAT SLEEP APNEA, WILL IT PREVENT HEART DISEASE? IF YOU HAVE SOMEONE WITH HEART DISEASE AND SLEEP APNEA, WILL TREATING THE HEART DISEASE MAKE THE SLEEP APNEA BETTER?”
	QUESTIONS THAT ONLY MORE RESEARCH CAN ANSWER.
	FOR MEDICAL EDGE. I'M VIVIEN WILLIAMS.
