



*St. Louis Heart and Vascular, P.C.*

*Your heart is in great hands.*

\_\_\_\_\_  
Name (Last, First)

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Today's Date

## Obstructive Sleep Apnea Testing

We are pleased to announce the addition of testing for Obstructive Sleep Apnea (OSA) at St. Louis Heart and Vascular. Based on recent medical studies, it has been demonstrated that by treating this disorder, your systolic blood pressure can be reduced by as much as 10-millimeters of mercury, which lessens the risk of heart attacks and stroke. Studies also showed that patients that suffer from congestive heart failure (CHF) can improve their heart function by as much as 35%.

Treatment of OSA can also decrease daytime sleepiness or fatigue, improve your quality of life, reduce or eliminate snoring. A study from the University of California at San Diego noted that about 1,400 deaths per year from car crashes are caused by drivers with apnea (source: The Advocate, Baton Rouge, October 5, 2004). An estimated 18,000,000 people between the ages of 30-60 meet minimal diagnostic criteria for OSA.

Please answer the questions below as completely as possible, as this will help your doctor determine if you are a candidate for a sleep study.

Do you have any of the following symptoms (please mark all that apply):

- |  |  |
|--|--|
| <input type="checkbox"/> Excessive daytime sleepiness                | <input type="checkbox"/> Gasping or choking during sleep                           |
| <input type="checkbox"/> Snoring, interrupted by pauses in breathing | <input type="checkbox"/> Awake multiple times during the night to use the bathroom |
| <input type="checkbox"/> Restless sleep                              | <input type="checkbox"/> Depression  |
| <input type="checkbox"/> Memory loss                                 | <input type="checkbox"/> Large neck/girth (>17" men, >16" women)                   |
| <input type="checkbox"/> Morning headaches                           | <input type="checkbox"/> Falling asleep while driving                              |
| <input type="checkbox"/> Poor concentration                          |  |
| <input type="checkbox"/> Family History of sleep apnea               |  |

Have you had an overnight sleep study?     Yes     No

If you have checked two or more of the above questions please call 314-741-0911 and make an appointment.

Thank you.