

DIABETES AND SLEEP APNEA

THE BREATH FACTORY

YOUR SNORING AND APNEA SOLUTIONS

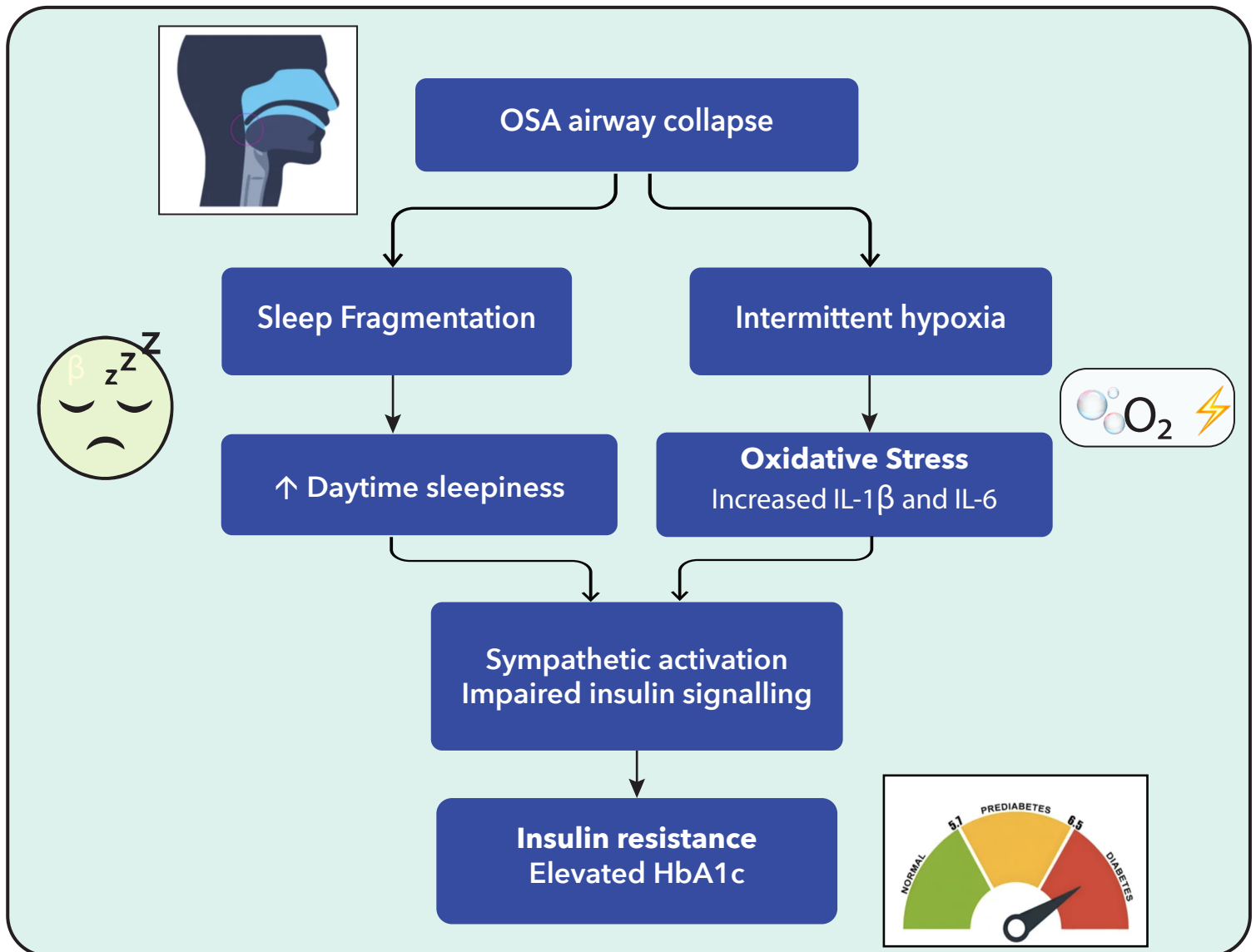
Why it matters: Impact on Patient Health Outcomes

Co-morbid diabetes and OSA leads to a compounding effect that worsens daytime function and long term health outcomes.

🔴 Increased mortality (24% increase all cause mortality over 5 years)

⚡👣 Increased risk of diabetic foot disease (42%)

👤 Aggravated chronic kidney disease
The presence of untreated OSA leads to 18% increased risk of CKD.



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Screening and Treating OSA can Improve Diabetes Outcomes

Better Sleep → Better metabolic control

Think Sleep Apnea in Patients with Difficult Diabetes

Screen for OSA if:

- ☐ Persistent HbA1c elevation
- ☐ Resistant hypertension (2+ agents)
- ☐ Obesity
- ☐ Atrial fibrillation / CVD

Note: OSA is present in up to **60-80%** of patients with type II diabetes.

CPAP Adherence Improves Glycemic Control



Key findings from the 2022 RCT by Chasens et al.¹

- ☐ Each additional hour of nightly CPAP use **reduced HbA1C by ~0.08%**.
- ☐ Patients using CPAP 7+ hours / night saw **~0.54%** reduction in HbA1c.

These findings come from the Diabetes Sleep Treatment Trial.

¹ Chasens ER et al. Endocrine Practice. 2022.

Improvements in insulin sensitivity can be seen as early as three months, but changes in HbA1C often requires longer periods of treatment (6 months).

The glycemic improvement is largely driven by the elimination of intermittent hypoxia, which reverses the pro-inflammatory status (marked by reductions in IL-1 β and IL-6) and decreases sympathetic overdrive.

At The Breath Factory, we do not simply provide CPAP equipment. We offer lifelong counselling, follow up and resources to help your patient succeed in therapy.



Providers

We will always strive for 100% in CPAP adherence.
Let us help you. This is where we shine.

thebreathfactory.ca