



# THE CONSEQUENCES OF OSA

OBSTRUCTIVE SLEEP APNEA

## FACT:



OSA AFFECTS 1 IN EVERY 5 AMERICANS.



## FACT:

APPROXIMATELY **80%** OF MODERATE TO SEVERE OSA CASES REMAIN UNDIAGNOSED

## STRESS ON THE HEART

**83%** DRUG RESISTANT HYPERTENSION

**76%** CONGESTIVE HEART FAILURE

**30%** SUDDEN DEATH

**58%** CARDIAC ARRHYTHMIAS

**30%** CORONARY ARTERY DISEASE

## MEDICAL COSTS

- UNTREATED SLEEP APNEA COSTS AMERICANS AN EXTRA 4.3 BILLION DOLLARS EACH YEAR
- TREATED SLEEP APNEA CAN CUT PATIENT HEALTHCARE COSTS BY 50%

## 77% OBESITY

LOUD SNORING **80%**

DIABETES TYPE II **58%**

FACT:  
AROUND **70%** OF INDIVIDUALS WITH OSA **ARE OBESE**

## POOR SLEEP

**58%**

MOOD DISTURBANCE

**87%**

DAYTIME SLEEPINESS

SEXUAL DYSFUNCTION **69%**

GASTROESOPHAGEAL REFLUX DISEASE (GERD) **60%**



HOME SLEEP TESTING

## SYMPTOMS & INDICATIONS

- DIFFICULTY STAYING ASLEEP
- OVERWEIGHT
- IRRITABILITY
- FATIGUE
- ATTENTION SPAN DIFFICULTIES
- SNORING
- WITNESSED PAUSES IN BREATH DURING SLEEP
- EXCESSIVE DAYTIME SLEEPINESS
- GASPING FOR AIR DURING SLEEP
- MORNING HEADACHES



FOR MEDICARE PATIENTS, YOUR OFFICE NOTES SHOULD DOCUMENT SYMPTOMS OF EXCESSIVE DAYTIME SLEEPINESS, IMPAIRED COGNITION, MOOD DISORDERS OR INSOMNIA, OR DOCUMENTED HYPERTENSION, ISCHEMIC HEART DISEASE, OR HISTORY OF STROKE.

MEDICARE ACCEPTED

## ICD-10 CODES

- G47.33 OBSTRUCTIVE SLEEP APNEA
- G47.30 SLEEP APNEA, UNSPECIFIED
- G47.39 OTHER SLEEP APNEA
- G47.10 HYPERSOMNIA, UNSPECIFIED

ACCEPTED

## CPT CODES

(INSURANCE CARRIER DEPENDENT)

- G0399
- 95806
- 95800