

# HealthyBy Choice

...One Day at a Time

Volume 11, Issue 8 • August 2016



## SLEEP APNEA – Maybe this is why you are TIRED

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts.

### Common Signs and Symptoms:

- Loud snoring
- Episodes of breathing cessation during sleep witnessed by another person
- Awakening with a dry mouth or sore throat
- Morning headache
- Difficulty staying asleep (insomnia)
- Excessive daytime sleepiness (hypersomnia)
- Attention Problems
- Irritability

### Complications may include:

- **Daytime fatigue.** The repeated awakenings associated with sleep apnea make normal, restorative sleep impossible. People with sleep apnea often experience severe daytime drowsiness, fatigue and irritability. You may also feel quick tempered, moody or depressed.
- **High blood pressure or heart problems.** Sudden drops in blood oxygen levels that occur during sleep apnea increase blood pressure and strain the cardiovascular system. If you have obstructive sleep apnea, your risk of high blood pressure (hypertension) is greater than if you don't.
- **Type 2 diabetes.** People with sleep apnea are more likely to develop insulin resistance and type 2 diabetes compared with people without the sleep disorder.

### Tests to detect sleep apnea may include: (performed while sleeping)

- **Nocturnal polysomnography.** During this test, you're hooked up to equipment that monitors heart, lung and brain activity, breathing patterns, arm/leg movements, and blood oxygen levels.
- **Home sleep tests.** In some cases, your doctor may provide you with simplified tests to be used at home to diagnose sleep apnea. These tests usually involve measuring your heart rate, blood oxygen level, airflow and breathing patterns. If you have sleep apnea, the test results will show drops in your oxygen level during apneas and subsequent rises with awakenings.

### What you can do:

For milder cases of sleep apnea, your doctor may recommend only lifestyle changes, i.e. losing weight or quitting smoking. For nasal allergies, your doctor will recommend treatment for your allergies. If these don't improve your symptoms or if your apnea is moderate to severe, other treatments are available.

Certain devices can help open up a blocked airway. In other cases, surgery may be necessary. Treatments for obstructive sleep apnea may include:

**Continuous positive airway pressure (CPAP).** If you have moderate to severe sleep apnea, you may benefit from a machine that delivers air pressure through a mask placed over your nose while you sleep. With CPAP (SEE-pap), the air pressure is somewhat greater than that of the surrounding air, and is just enough to keep your upper airway passages open, preventing apnea and snoring.

**Other airway pressure devices.** If CPAP is a problem, you may be able to use a device that automatically adjusts the pressure while you sleep (Auto-CPAP). Units that supply bilevel positive airway pressure (BiPAP) are also available. These provide more pressure when you inhale and less when you exhale.

**Expiratory positive airway pressure (EPAP).** These small, single-use devices are placed over each nostril before you go to sleep. The device allows air to move freely in, but when you exhale, air must go through small holes in the valve. This increases pressure in the airway and keeps it open.

**Oral appliances.** Another option is wearing an oral appliance to keep your throat open. CPAP is more reliably effective, but oral appliances may be easier to use. Some open your throat by bringing your jaw forward, which can sometimes relieve snoring and mild obstructive sleep apnea. A number of devices are available from your dentist.

**Obstructive sleep apnea** occurs when the muscles in the back of your throat relax. These muscles support the soft palate, the triangular piece of tissue hanging from the soft palate (uvula), the tonsils, the side walls of the throat and the tongue.

When the muscles relax, your airway narrows or closes as you breathe in, and you can't get an adequate breath in. This may lower the level of oxygen in your blood.

Your brain senses this inability to breathe and briefly rouses you from sleep so that you can reopen your airway. This awakening is usually so brief that you don't remember it.

You may make a snorting, choking or gasping sound. This pattern can repeat itself five to 30 times or more each hour, all night long. These disruptions impair your ability to reach the desired deep, restful phases of sleep, and you'll probably feel sleepy during your waking hours.



Sleep for Your Health!



# HealthyBy Choice

...One Day at a Time



## NATIONAL IMMUNIZATION MONTH

### INFORMATION FOR ADULT PATIENTS

### 2016 Recommended Immunizations for Adults: By Age

If you are this age, **talk to your healthcare professional about these vaccines**

If you are this age,	Flu Influenza	Td/Tdap Tetanus, diphtheria, pertussis	Shingles Zoster	Pneumococcal		Meningococcal		MMR Measles, mumps, rubella	HPV Human papillomavirus		Chickenpox Varicella	Hepatitis A	Hepatitis B	Hib Haemophilus influenzae type b
				PCV13	PPSV23	MenACWY or MPSV4	MenB		for women	for men				
19 - 21 years	Green	Green		Blue	Blue			Green	Green	Blue	Green	Blue	Blue	Blue
22 - 26 years									Green	Blue				
27 - 49 years								Green						
50 - 59 years														
60 - 64 years			Green											
65+ year				Green	Green									

**More Information:**

You should get flu vaccine every year.

You should get a Td booster every 10 years. You also need 1 dose of Tdap. Women should get a Tdap vaccine during every pregnancy to protect the baby.

You should get shingles vaccine even if you have had shingles before.

You should get 1 dose of PCV13 and at least 1 dose of PPSV23 depending on your age and health condition.

You should get this vaccine if you did not get it when you were a child.

You should get HPV vaccine if you are a woman through age 26 years or a man through age 21 years and did not already complete the series.

**Recommended For You:** This vaccine is recommended for you *unless* your healthcare professional tells you that you cannot safely receive it or that you do not need it.

**May Be Recommended For You:** This vaccine is recommended for you if you have certain risk factors due to your health, job, or lifestyle that are not listed here. Talk to your healthcare professional to see if you need this vaccine.

**If you are traveling outside the United States, you may need additional vaccines.**

Ask your healthcare professional about which vaccines you may need at least 6 weeks before you travel.

For more information, call 1-800-CDC-INFO (1-800-232-4636) or visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

CS262412



Prioritize Your Health. Immunize!



# Call 800-662-0586 for great monthly specials!

## Home Delivery Market Place

QTY	ITEM#	PRODUCT DESCRIPTION	MANUFACTURER	SIZE	FORM	YOUR COST
	530586	Calcium 500 + D	OS CaL + D	400	TB	\$8.29
	530584	Calcium 500 MG + D	OS CaL + D	90	TB	\$4.99
	530392	Calcium 600 + D	21ST Century	400	TB	\$8.29
	570237	Calcium Citrate + D	Citrical	120	TB	\$8.50
	530386	CO Q 10 100MG Bonus	21ST Century	50+25	CAP	\$27.10
	923532	ECHINACEA 400MG	ProCare Rx	100	CAP	\$6.88
	530192	Ferrous Sulfate 65 MG	Feosol	100	TB	\$4.99
	530242	Fish Oil 1000MG Enteric Coated	21ST Century	180	SG	\$9.99
	530208	FISH OIL 1000MG ENTERIC COATED	21ST Century	90	SG	\$7.99
	530013	Folic Acid 800 MCG	21ST Century	180	TB	\$3.99
	530040	Gluco/Chond Max Strength	21ST Century	150	TB	\$24.99
	530044	Gluco/Chond Triple Strength	21ST Century	150	TB	\$27.99
	530050	Glucosamine 1000 MG	21ST Century	120	TB	\$9.99
	530159	Glucosamine Relief 500 MG	21ST Century	60	CAP	\$5.99
	530560	Glucosamine/Chond Plus	21ST Century	120	TB	\$19.99
	530035	Hair, Skin and Nails	21ST Century	50	CP	\$5.99
	095005	Loratadine 10 MG	Claritin	90	TB	\$7.99
	530039	Lutein 10 MG	21ST Century	60	TB	\$7.99
	530219	Magnesium 250 MG	21ST Century	110	TB	\$2.99
	530275	Mega Multi for Men	21ST Century	90	TB	\$9.99
	530276	Mega Multi for Women	21ST Century	90	TB	\$9.99
	501021	Nasal Decongestant Spray 12 HR	Major	.5 OZ	SR	\$1.38
	530045	Omega 3	21ST Century	60	SG	\$5.99
	530377	One Daily Men's	21ST Century	100	TB	\$4.99
	530367	One Daily Women's	21ST Century	100	TB	\$4.99
	530083	Potassium 99 MG	21ST Century	110	TB	\$2.99
	018994	Prosight	Occuvite	60	TB	\$3.99
	530212	Sentry	Centrum	300	TB	\$10.49
	530204	Sentry Senior	Centrum Senior	100	TB	\$5.99
	530005	Vitamin B-1 100 MG	21ST Century	110	TB	\$2.99
	530007	Vitamin B-1 2 500 MCG	21ST Century	110	TB	\$4.99
	530003	Vitamin B-100 Balanced	21ST Century	60	CT	\$6.99
	530011	Vitamin B-12 1000 MCG	21ST Century	110	TB	\$6.99
	530009	Vitamin B-6 100 MG	21ST Century	110	TB	\$4.99
	530029	Vitamin C-1000 MG	21ST Century	110	TB	\$6.99
	530021	Vitamin C-500 MG	21ST Century	110	TB	\$2.49
	530019	Vitamin C-500 MG Chewable	21ST Century	110	TB	\$5.19
	530281	Vitamin E Oil 24000 IU	21ST Century	1.75	LQ	\$6.09
	530012	Vitamin E-1000 IU	21ST Century	55	SG	\$7.99
	570188	Zinc Lozenges	ProCare Rx	30	LOZ	\$4.88



501162



501161



520611



501021



530087



530281



530204

Or Fax your order to: 800-662-0590

Account Name: \_\_\_\_\_ Account Number: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_