

STOP-Bang Questionnaire^{11,12}

For the Assessment of Obstructive Sleep Apnea Risk

NAME:

TELEPHONE:

Have you been previously diagnosed with sleep apnea?

YES NO

If so, are you currently using CPAP to treat your OSA?

YES NO

Please answer the following eight questions Yes or No

1. Snoring: Do you snore loudly (loud enough to be heard through closed doors)? YES NO
2. Tired: Do you often feel tired, fatigued, or sleepy during daytime? YES NO
3. Observed: Has anyone observed you stop breathing during your sleep? YES NO
4. Blood pressure: Do you have or are you being treated for high blood pressure? YES NO
5. BMI: answer yes if your weight exceeds the amount listed for your height on the table below YES NO
6. Age: Is your age over 50 yr old? YES NO
7. Neck circumference: Neck circumference .40 cm? YES NO
8. Gender: Male? YES NO

Total Score (add up all 'yes' answers): _____

Interpretation

- High risk of OSA: Yes to 5 - 8 questions
- Intermediate risk of OSA: Yes to 3 - 4 questions
- Low risk of OSA: Yes to 0 - 2 questions

Call now to learn more or to schedule an appointment for a Sleep Consultation by calling 914-964-4337.

To make an appointment for a sleep study, call 914-559-1010.

RiversideHealth.org

HEIGHT	WEIGHT
4'10	167
4'11	173
5'0	179
5'1	185
5'2	191
5'3	197
5'4	204
5'5	210
5'6	216
5'7	223
5'8	230
5'9	237
5'10	243
5'11	250
6'0	258
6'1	265
6'2	272
6'3	279
6'4	287
6'5	295

Who is Sleep Services of America? How Can We Help?

Sleep Services of America is a full-service, sleep diagnostics company that specializes in performing adult and pediatric polysomnograms (sleep studies). When you are ready to find a solution to your restless nights, chronic snoring, or other sleep related ailments, our expert staff will be on hand (at your preferred sleep disorder center or hospital) to guide you through our thorough yet painless examination of your sleep patterns. Please contact SSA for any questions you may have related to diagnostic process or to visit one of our center in your area.

How Do You Pay For This Service?

The most common method of payment is through your insurance provider. Please speak to your healthcare provider to learn more about this service in conjunction with your insurance provider.



References

1. Palesh OG et al, J Clin Oncol 28 (2), 2010
2. Savard JJ et al, Clin Oncol 19 (3), 2001
3. Berger AM, Oncol Nurs Forum 36 (4), 2009
4. Sephton, S. et al, Brain, Behavior and Immunity 17, 2003
5. Parker KP et al, J Clin Oncol 26:2464-2472, 2008
6. Stevinson, C. et al, Intl J Gynec Cancer 19 (1), January 2009
7. F. Javier Nieto, et.al. Am. J. Respir. Crit. Care Med. May 2012
8. Martinez-Garcia, MA et a, Am. J. Respir. Crit. Care Med. 2012
9. James McClain, 7th AARC Intl Conf. Frontiers in Cancer Prevention Research, Washington, D.C., Nov. 2008.
10. National Cancer Institute
11. Chung et.al, Anesthesiology. 2008
12. Chung et.al, www.STOPBang.ca

Disclaimer: Detailed references available upon request



Is Your Cancer Treatment Making You Tired Or Is It Something Else?

Improving the care and quality of life for patients suffering from sleep disorders

ST. JOHN'S
RIVERSIDE
HOSPITAL

Sleep and Cancer

Patients with cancer are more likely to have sleep disorders such as insomnia and excessive daytime sleepiness. ^{1,2,3,10}

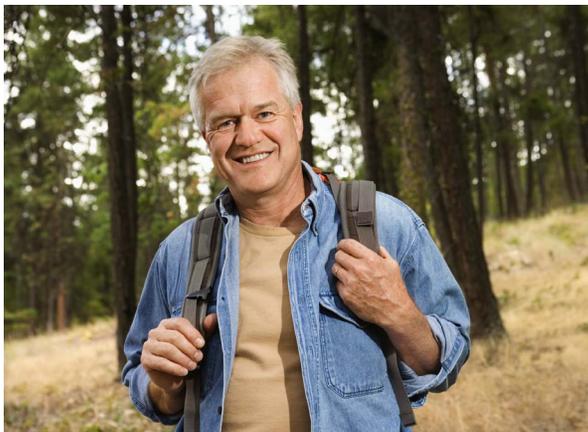
On the other hand, research shows that patients with sleep disorders, such as obstructive sleep apnea and insomnia, may be at a higher risk for developing cancer. ^{2,7,8}

Cancer patients may have increased sleep difficulty due to the disease itself like side effects of treatments, increased stress, pain, depression and anxiety. ^{1,2,3,10}

Many forms of cancer are associated with a disruption in the body's natural clock which sets sleep/wake patterns, and cancer patients have more arousals and less restorative sleep. ^{3,4,5}

There is some early research suggesting a link between good sleep, increased physical activity, and remission of ovarian cancer. ^{6,9}

Lack of good sleep doesn't cause cancer, but new research shows good quality sleep can help your body fight cancer. Sleep disorders can alter two hormones which impact cancer: cortisol and melatonin. ^{4,9}



What Can You Do?

- Cancer patients and survivors (as well as their caregivers) should make every attempt to get enough sleep. Combining good sleep hygiene with moderate physical activity may help improve your immune response to cancer.⁹
- If you have sleep complaints despite making efforts to get enough rest, talk with your team of providers to identify the best alternatives for you
- If you have signs and symptoms of obstructive sleep apnea or another sleep disorder, talk with your doctor about whether a sleep study may be right for you.

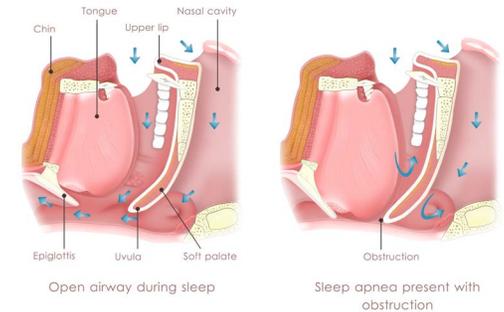


Sleep Apnea and Cancer Statistics

- 30-50% of patients with cancer have sleep disorders, compared with 10-15% of the general population¹
- Patients with severe sleep apnea were found to have a 65% greater risk of developing any kind of cancer⁸
- Patients who have severe sleep apnea were found to have almost a five fold increase in cancer mortality⁷

Obstructive Sleep Apnea (OSA)

Obstructive Sleep Apnea occurs when muscles of the soft palate and throat relax during sleep, obstructing the airway and making breathing difficult and noisy (snoring). Eventually, the airway walls collapse blocking airflow entirely, which results in a breathing pause or apnea. Stopping breathing can result in a drop of blood oxygen levels. Since oxygen is the fuel for the cardiovascular system, this stresses the heart and puts the sleeper at a greater risk for heart attack or stroke.



Common Symptoms of Sleep Apnea

- Daytime fatigue
- Morning headaches
- Poor mental or emotional functioning
- Loss of breath during sleep
- Irregular heart rate
- Weight gain
- Heartburn
- Impotence
- Excessive sweating during sleep

