# SHOULD KNOW about SLEEP APNEA



## AN EASY TO UNDERSTAND GUIDE

Dr. Nicholas DiFilippo

Pulmonologist

### What You Should Know About Sleep Apnea An Easy To Understand Guide

**Margaret M. Furtado** 

#### What You Should Know About Sleep Apnea An Easy To Understand Guide:

What You Should Know about Sleep Apnea Nicholas DiFilippo, 2013-01-30 This little book is intended to be a helpful practical and useful guide to sleep apnea Sleep apnea should be as familiar and as well known by the general public as common diseases such as emphysema Alzheimer's disease and heart attack Sleep apnea is much more common than you may think Its manifestations are widespread It affects routine everyday activity in many ways Awareness is essential This is because the disease is often insidious and may be present for many years before its existance is even suspected If one does not know about the disease or about what effects it may have on human life it will never be discovered or even thought of during its early stages As you will see throught this book sleep apnea can easily affect your life without you even knowing it One of the primary purposes of this book is to increase awareness of sleep apnea Over the years many hints about sleep apnea are dropped and ignored If you are not aware of the possibility of subtle changes how can you do something about it The topic of sleep apnea is not just about a lung disease It is actually about human life in general This book presents a fairly detailed overall view of sleep apnea It will be an eye openning experience for all readers Global Health Complications of Obesity Jahangir Moini, Raheleh Ahangari, Carrie Miller, Mohtashem Samsam, 2020-04-01 Global Health Complications of Obesity presents a valuable resource for research scientists and clinicians by covering the burden of obesity and related diseases and serving as a starting point for in depth discussions in academic settings and for obesity treatment specialists Obesity is associated with a statistically higher risk of heart disease hypertension insulin resistance type 2 diabetes and many other diseases This succinct resource focuses on the current data research and management of obesity It is essential reading for healthcare professionals endocrinologists nutritionists public health students and medical students Presents clinical cases kev terms and targeted references Addresses diseases including diabetes cancer hypertension osteoarthritis fatty liver disease infertility renal failure and depression Provides a link to new knowledge that is ideal for both researchers and clinicians American Medical Association Complete Guide to Prevention and Wellness, 2008-10-01 MORE THAN 3 MILLION AMERICAN MEDICAL ASSOCIATION BOOKS SOLD From America's most trusted source for medical advice a comprehensive guide to preventing illness and promoting wellness If you re one of the millions of people who have decided to take more direct control of their health by focusing on illness prevention and self care the American Medical Association Complete Guide to Prevention and Wellness is the resource you need This authoritative guide provides valuable information to help you prevent disease and stay healthy throughout your life It lays out the foundations of good health and shows you the basic steps you can take to reduce your health risks and prevent major illnesses such as heart disease stroke type 2 diabetes high blood pressure and some forms of cancer You will learn how to avoid these and other common afflictions by making lifestyle changes and understanding what your body needs to stay fit and healthy Filled with leading edge information this indispensable reference also describes key risk reducing measures from eating a healthy diet and being more physically

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