MedPro Respiratory Care

Heart Health MONTH

February 2026 Newsletter



Obstructive Sleep Apnea (OSA) & Cardiovascular Disease (CVD)

Strong associations exist between OSA and CVD including:

Hypertension (especially resistant or poorly controlled), atrial fibrillation (AF) and other arrhythmias, heart failure, coronary artery disease, stroke, pulmonary hypertension. metabolic syndrome, diabetes.

OSA is highly comorbid with CVD

Prevalence ranges from 40-60% amongst those diagnosed with CVD.

Proposed mechanisms linking OSA to stroke and CVD include:

Intermittent hypoxia, inflammation and oxidative stress, autonomic dysfunction, hypercoagulability and altered cerebral hemodynamics.

CPAP Adherence and CVD

- Adherence to CPAP therapy is associated with reduced risk of new CVD events and stroke, and reduced healthcare utilization among patients with pre-existing CVD.
- In patients with comorbid OSA and CVD, high adherence to CPAP was associated with significantly reduced risk of 30-day hospital readmission.

Recommendations:

- Screen and treat OSA in patients with resistant or poorly controlled hypertension, pulmonary hypertension, and recurrent AF following cardioversion or ablation.
- Screen and treat OSA in patients with recent CVD related hospitalizations.
- Routine identification and reinforcement of CPAP adherence may support overall cardiovascular risk reduction.

References:

Available from your MedPro Representative or found below:

1. Downloaded from http://ahajournals.org by on December 6, 2021 > Circulation. 2021;144:e56–e67. DOI: 10.1161/CIR.0000000000000988
2. https://doi.org/10.5664/jcsm.10196

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