MY

T.A.S.K.

JOURNAL

THIS JOURNAL BELONGS TO:

The T.A.S.K. To End Sudden Death
Treating A Silent Killer

Created by
Mansi Gandhi, Suhani Modi, & Zachary Rogers

Sudden Cardiac-death Awareness
Research Foundation
2022

TABLE OF CONTENTS

WHAT IS SLEEP APNEA?

Sleep apnea is a sleep-related breathing disorder in which the soft palate of the mouth slides back into the throat. This causes an obstruction in the airway and can have serious consequences. You are risking your life every minute that you are asleep, and no one is able to help you. With proper treatment and dedicated compliance, you can change the way you feel, think, and live every day. This journal will help to keep you on track and improve your quality of life!

SIGNS & SYMPTOMS

Risk factors can include

- Obesity
- Diabetes
- Gender (male)
- Anxiety
- Depression
- Craniofacial characteristics (small jaw, big tongue, large neck size)

Symptoms can include

- Fatigue
- Insomnia
- Unexplainable tiredness
- Memory loss
- Snoring

STOP-BANG QUESTIONNAIRE

There is a high prevalence of OSA, but 90% of the population remains undiagnosed. STOP-Bang was developed to meet the need for a reliable, concise, and easy-to-use screening tool. Use this quiz to determine your level of apnea and share with your loved ones if they have risk factors so you can improve their quality of life as well!

STOP-BANG Sleep Apnea Questionnaire

Chung F et al Anesthesiology 2008 and BJA 2012

STOP		
Do you **S**NORE loudly (louder than talking or loud enough to be heard through closed doors)?	Yes	No
Do you often feel **T**IRED, fatigued, or sleepy during daytime?	Yes	No
Has anyone **O**BSERVED you stop breathing during your sleep?	Yes	No
Do you have or are you being treated for high blood **P**RESSURE?	Yes	No

BANG		
BMI more than 35kg/m2?	Yes	No
AGE over 50 years old?	Yes	No
NECK circumference > 16 inches (40cm)?	Yes	No
GENDER: Male?	Yes	No

TOTAL SCORE		

High risk of OSA: Yes 5 - 8

Intermediate risk of OSA: Yes 3 - 4

Low risk of OSA: Yes 0 - 2

TREATMENT OPTIONS

Oral Appliance:

- Some are designed to open your throat by bringing your jaw forward, which can sometimes relieve snoring and mild obstructive sleep apnea.

Positive Airway Pressure:

- CPAP: 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.
- Auto-CPAP: Airway pressure device that automatically adjusts the pressure while you're sleeping.
- BPAP: These provide more pressure when you inhale and less when you exhale.

Hypoglossal Nerve Stimulation:

- This requires surgery to insert a stimulator for the nerve that controls tongue movement.

IMPORTANCE OF COMPLIANCE

Seeking treatment is always the best option when diagnosed with OSA, but that also applies to following through with the treatment plan. When a treatment option is not properly followed, it can lead to multiple negative results, including:

- Heart Failure
- Coronary Artery Disease
- Strokes
- Type 2 Diabetes
- Some Cancers
- Metabolic Syndrome
- Hypertension
- Atrial Fibrillation
- Death

It is so crucial the treatment plan is followed through, as only 65% to 70% of patients stick to their plan.

MENTAL HEALTH RESOURCES

If you are struggling, call or text the **suicide prevention hotline** at **9-8-8** to be connected with a counselor.

Coping Mechanisms:

- Join support groups on social media platforms
- Talk to a trusted friend or family member
- Exercise/yoga
- Meditation/breathing techniques
- Journaling/writing down your feelings
- Use self-help phone applications such as Moodfit, Headspace, and Sanvello

EMERGENCY CONTACTS

Any Emergency
9-1-1

My #
_____

Cardiologist
Name: _____
#: _____

Family Member
Name: _____
#: _____

Primary Physician
Name: _____
#: _____

Family Member
Name: _____
#: _____

Other
Name: _____
#: _____

Other
Name: _____
#: _____

Other
Name: _____
#: _____

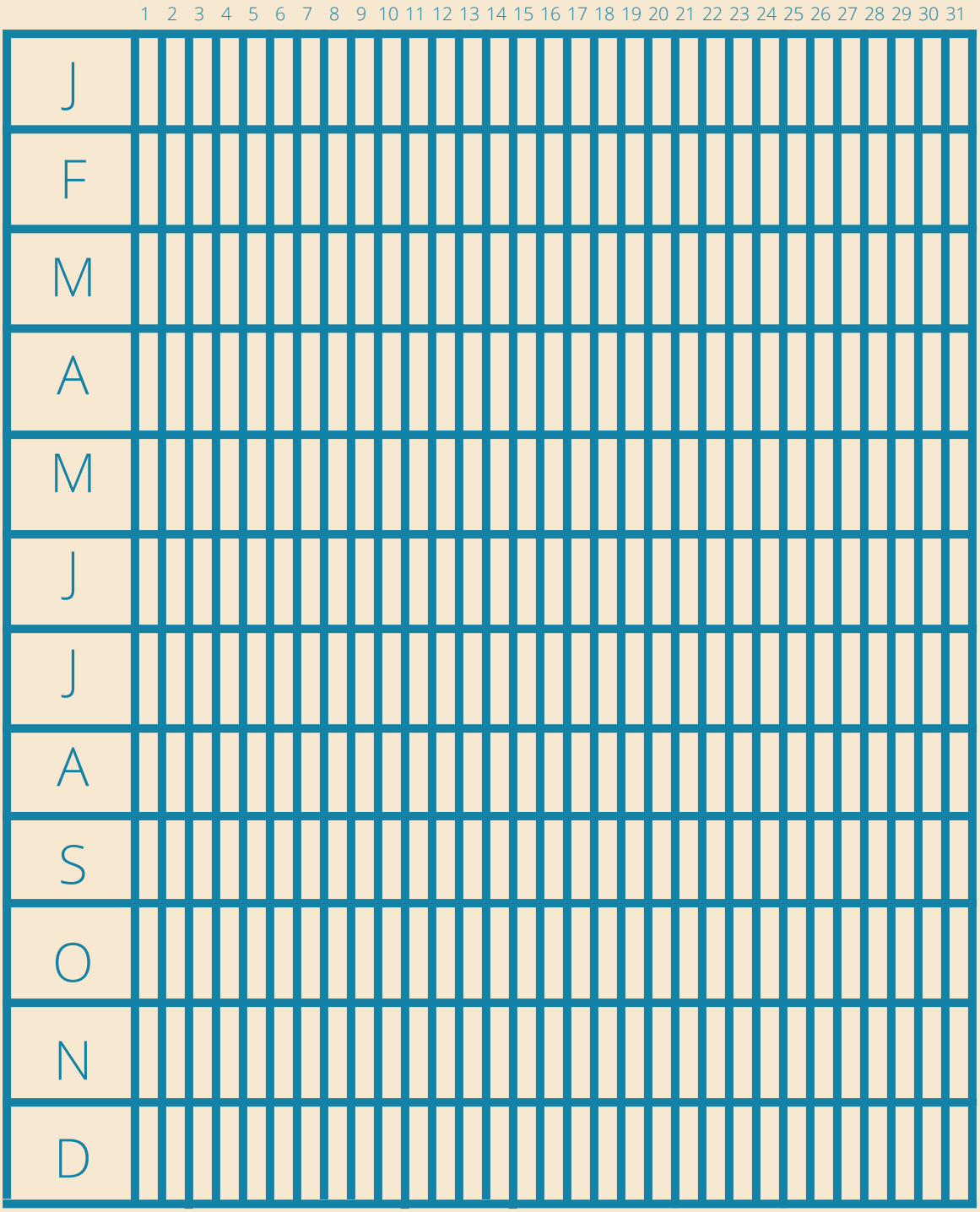
Other
Name: _____
#: _____

APPOINTMENT REMINDERS

Date	Time	Doctor	Location

HABIT TRACKER

Year: _____



HOW ARE YOU FEELING?

Date: _____