



مستشفى وعيادة دبي لندن التخصصي

DUBAI LONDON CLINIC
& SPECIALITY HOSPITAL

ACHS
International



SNORING

A HIDDEN THREAT

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The Hidden Threat

- Snoring is the first indication of sleep apnoea hidden within.
- Sleep Apnoea patients are generally not aware of the obstructive events.
- Sleep Apnoea, if left undiagnosed, can pose a threat to the patient as they may slip into medical complications.

Medical Problems Faced

- High Blood Pressure
- Irregular Heart Beats
- Heart Attack
- Chronic Lung Disease
- Stroke
- Diabetes
- Increased Road Traffic & Work Accidents

Symptoms of Sleep Apnoea

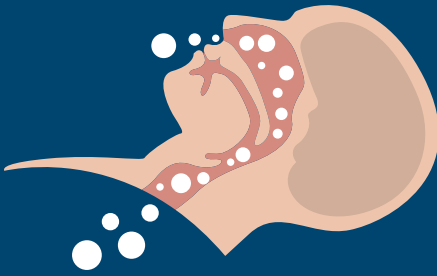


- Excessive Sleepiness
- Headache
- Mood Alterations
- Impotence
- Poor Work Performance

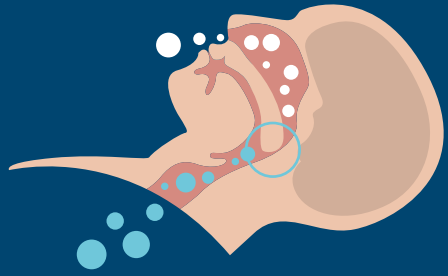


- Snoring
- Restless Sleep
- Sleep Disruption
- Waking Up Choking
- Acid Reflux
- Nocturia
- Heavy Sweating

We offer a complete nose and throat examination with our ENT Specialist who may also advise nasal endoscopy and sleep studies to reach a diagnosis and recommend further treatment plan.



Normal Airway



Obstructive Sleep Apnoea

Snoring is an Extremely Prevalent Disorder

- Often leads to serious medical problems.
- Imposes impediment to good interpersonal relationships.
- Should not therefore be ignored or belittled.

SNORING

VS

SLEEP APNOEA

Snoring means partial obstruction to breathing.

Sleep Apnoea indicates total obstruction.

Sleep Apnoea interrupts loud snoring with episodes of silence, during this time the snorer struggles to breathe and chokes at the same time. He or she might feel deprived of vital oxygen and experience lack of quality sleep.



Snorers with Sleep Apnoea are 3 to 7 times more likely to be involved in a road traffic accident.

SLEEPINESS SCALE

(To assess risk of Obstructive Sleep Apnoea)

Use the following scale to choose the most appropriate number for each situation:

- 0** would never doze
- 1** slight chance of dozing
- 2** moderate chance of dozing
- 3** high chance of dozing

<i>Situation</i>	<i>Chance of dozing</i>
1. Sitting and reading	<input type="checkbox"/>
2. Watching TV	<input type="checkbox"/>
3. Sitting, inactive in a public place (eg: theatre or a meeting)	<input type="checkbox"/>
4. As a passenger in a car for an hour without a break	<input type="checkbox"/>
5. Lying down to rest in the afternoon when circumstances permit	<input type="checkbox"/>
6. Sitting and talking to someone	<input type="checkbox"/>
7. Sitting quietly after a lunch without alcohol	<input type="checkbox"/>
8. In a car, while stopped for a few minutes in the traffic	<input type="checkbox"/>
Total:	<input type="checkbox"/>

Score:

0-10 Normal range | **10-12** Borderline | **12-24** Abnormal



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