

Mayo Clinic Minute

Secondhand Smoke, Sleep Apnea

Video	Audio
Vivien Williams	<p>How bad is secondhand smoke for your child? I'm Vivien Williams with your Mayo Clinic Minute.</p> <p>The answer is very bad, especially if he or she has asthma. Mayo Clinic researchers found kids with asthma who live with smokers are twice as likely to end up in the hospital. Here's Mayo Clinic Children's Research Center Dr. Avni Joshi.</p>
Sot: Avni Joshi, M.D. Pediatric allergist and immunologist Mayo Clinic Children's Center	<p>"It gives us a very strong message that families should not smoke around their children, especially children with asthma."</p>
	<p>Now, the connection between sleep apnea and depression. The American Academy of Sleep Medicine says it's common for people with obstructive sleep apnea to have symptoms of depression. But treatment with a CPAP machine, which helps you breathe better at night, often helps those symptoms improve. They say some people are treated for depression when it's really sleep apnea causing problems. Their recommendations? People who are depressed and snore should be screened for obstructive sleep apnea.</p>
Vivien Williams	<p>For more health news, visit the Mayo Clinic News Network.</p>