

Mayo Clinic Minute

Women who snore may be at risk of heart disease

Video	Audio
Vivien Williams	Women, listen up. Men are not the only ones whose disruptive snoring may signal obstructive sleep apnea, or OSA.
Virend Somers, M.D., Ph.D. Cardiovascular Disease	"One in 10 middle-aged women have obstructive sleep apnea; whereas, 1 in 4 middle-aged men have sleep apnea."
Vivien Williams	Dr. Virend Somers says women with OSA may be at increased risk of developing heart-related issues. This info is the result of newly emerging research on women and OSA.
Virend Somers, M.D.	"The majority of apneic patients tend to be men. And, so, the research in sleep apnea has focused primarily on men because there's more of them."
Vivien Williams	Now that research shows women may be at increased risk, the questions is why.
Virend Somers, M.D.	"When sleep apnea occurs in a woman, it's more likely to occur after menopause. So, remember, after menopause, you lose the protective hormonal effect."
Vivien Williams	Some postmenopausal women may also put on weight, and the combination may raise risk. Dr. Somers says talk to your doctor if you think you might have OSA.
	For the Mayo Clinic News Network, I'm Vivien Williams