

## Hidden Dangers: Reevaluating the Risks of Sleep Apnea

### **Description**

New findings suggest that obstructive sleep apnea may pose a greater risk than previously believed, potentially increasing the likelihood of developing certain types of cancer. This revelation hits close to home for me, as I was diagnosed with this condition several years ago. Sleep apnea, characterized by breathing interruptions during sleep, can lead to various health complications such as high blood pressure, heart issues, diabetes, and metabolic syndrome.

Recent research has uncovered a disturbing link between obstructive sleep apnea and an elevated risk of kidney, breast, and digestive system cancers. The mechanism behind this association lies in the repeated pauses in breathing that occur during sleep, reducing oxygen levels. This oxygen deprivation can generate harmful molecules that damage DNA, paving the way for genetic alterations that may contribute to cancer development.

A study involving nearly 2,000 sleep apnea patients over 13 years revealed a concerning 9% cancer occurrence rate. Moreover, heightened levels of certain proteins, including VCAM-1 and endostatin, were observed in individuals who later developed cancer. The severity of sleep apnea was directly correlated with an increased cancer risk, highlighting the importance of consistent treatment. By addressing sleep apnea, individuals not only mitigate the risk of cardiovascular disease and diabetes but also potentially reduce the likelihood of developing cancer. Remember, prioritizing your well-being and adhering to your treatment plan can profoundly impact your quality of life and overall health.

Join Dr. Partha Nandi on his upcoming show as he delves into smoking cessation strategies, shedding light on the dangers of tobacco and the transformative benefits of quitting. Tune in on Sunday, October 13th, at 1 pm for valuable insights into reclaiming your health and well-being.

# **Vocabulary List:**

- 1. **Obstructive** /əb'strʌk.tɪv/ (adjective): Causing or characterized by obstruction.
- 2. Apnea /'æp.ni.ə/ (noun): A temporary cessation of breathing especially during sleep.
- 3. **Deprivation** /,ds.prɪ'veɪ.ʃən/ (noun): The state of being deprived of something.
- 4. **Complications** / kpmpli'ker[ənz/ (noun): Difficulties or problems that arise as a result of a medical condition.
- 5. **Association** /əˌsoʊ.si'eɪ.ʃən/ (noun): A connection or correlation between two or more things.
- 6. Mitigate /'mɪt.ɪ.geɪt/ (verb): To make less severe or serious.

## **Comprehension Questions**



#### **Multiple Choice**

1. What is one of the potential health complications associated with obstructive sleep apnea?

Option: A. Migraines
Option: B. Osteoporosis

Option: C. High blood pressure

Option: D. Asthma

2. Which types of cancer have recent research linked to obstructive sleep apnea?

Option: A. Brain and lung cancer

Option: B. Kidney, breast, and digestive system cancers

Option: C. Skin and prostate cancer Option: D. Colon and ovarian cancer

3. What is a potential consequence of oxygen deprivation due to sleep apnea?

Option: A. Improved metabolism Option: B. Enhanced immunity

Option: C. DNA damage

Option: D. Increased energy levels

4. Which proteins were found at heightened levels in individuals who later developed cancer as a result of sleep apnea?

Option: A. Insulin and thyroid hormone Option: B. VCAM-1 and endostatin Option: C. Hemoglobin and albumin Option: D. Growth hormone and cortisol

5. What did a study involving nearly 2,000 sleep apnea patients over 13 years reveal about cancer occurrence rate?

Option: A. 2% Option: B. 5% Option: C. 9% Option: D. 15%

6. Why is consistent treatment of sleep apnea emphasized in reducing cancer risk?

Option: A. To promote weight loss

Option: B. To improve memory function Option: C. To lower oxygen levels further



## Option: D. To mitigate the risk of genetic alterations

#### **True-False**

- 7. Obstructive sleep apnea can lead to high blood pressure.
- 8. The severity of sleep apnea does not impact the risk of developing cancer.
- 9. VCAM-1 and endostatin are proteins associated with decreased cancer risk in sleep apnea patients.
- 10. Sleep apnea has no connection to metabolic syndrome.
- 11. Prioritizing treatment for sleep apnea may reduce the likelihood of developing diabetes.
- 12. Addressing sleep apnea can have a positive impact on overall health but does not influence the risk of cardiovascular disease.

### **Gap-Fill**

cardiovascular disease.
Gap-Fill  13. The study involving nearly 2,000 sleep apnea patients was conducted over
13. The study involving hearly 2,000 sleep uphed patients was conducted over
years.
14. The treatment of obstructive sleep apnea can potentially reduce the occurrence of certain types of
15. Dr. Partha Nandi will discuss smoking cessation strategies and the dangers of
16. Join Dr. Partha Nandi for valuable insights into reclaiming your and well-being.
17. Individuals diagnosed with obstructive sleep apnea should prioritize their
being.
18. Consistent treatment of sleep appea is crucial for reducing the risk of genetic



### **Answer**

Multiple Choice: 1. C. High blood pressure 2. B. Kidney, breast, and digestive system cancers 3. C. DNA

damage 4. B. VCAM-1 and endostatin 5. C. 9% 6. D. To mitigate the risk of genetic alterations

True-False: 7. True 8. False 9. False 10. False 11. True 12. False

Gap-Fill: 13. 13 14. cancer 15. tobacco 16. health 17. well 18. alterations

## Vocabulary quizzes

#### Multiple Choice ( Select the Correct answer for each question. )

1. Which term refers to the proportion of individuals in a population having a particular ailment at a specific time?

Option: Archaeologists

Option: Skeletal
Option: Prevalence
Option: Diagnosis

2. Which term describes a condition involving the progressive degeneration of the structure or function of the nervous system?

Option: Attribute

Option: Prion

Option: Neurodegenerative

Option: Destigmatize

3. What term means to make something less severe serious or painful?

Option: Intriguing
Option: Mitigate
Option: Consumption
Option: Expenditure

4. Who are scientists who study past human societies through their material remains?

Option: Proactive

Option: Archaeologists Option: Vigilance Option: Significance

5. Which term refers to the using up of a resource?

Option: Proactive
Option: Consumption





Option: Susceptibility	
Option: Destigmatize	

6. What is a potentially serious sleep disorder in which breathing repeatedly stops and starts during sleep?

Option: Inefficiency Option: Mitigate Option: Obstructive Option: Apnea

7. Which term refers to the identification of the nature of an ailment or other problems through examination of the symptoms?

Option: Skeletal Option: Prion Option: Diagnosis Option: Consumption

8. What term refers to having knowledge or perception of a situation or fact? VEWS.COM

Option: Prion

Option: Significance Option: Awareness Option: Havoc

9. Which term describes a harmful or evil influence?

Option: Intriguing Option: Malevolent Option: Inefficiency Option: Consumption

10. Which term refers to a connection or cooperative link between people or organizations?

Option: Association Option: Mitigate Option: Obstructive

Option: Prion

Gap-Fill	( Fill in the	blanks with t	he correct word	from the	vocabulary	list.)
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11	remains provide valuable	insights into the physical characteristics of past
oopulations.		
12. It is important to maintai	n	against potential security threats.



13. Taking a	approach can help prevent issues before they occur.
14. Efforts are being made to	mental health issues and encourage open
discussions.	
15. Understanding the historical	of artifacts is crucial in archaeology.
16. An sleep	o apnea can lead to serious health complications.
17. The company reduced unnecessar	ry to improve profitability.
18. Addressing	in processes can lead to cost savings and productivity gains.
19. Certain populations may have a h	igher to specific diseases.
20. Post-surgery the patient experience	ced some unexpected that required further
treatment.	

Matching Sentences ( Match each definition to the correct word from the vocabulary list. )



- 21. Prions are infectious agents composed of protein in a misfolded form.
- 22. Alzheimer's disease is a common type of disorder.
- 23. A minor like the flu can sometimes lead to significant complications.
- 24. The hurricane wreaked on the coastal town causing widespread destruction.
- 25. Genetic factors can increase one's to certain environmental factors.
- 26. Being rather than reactive can help in preventing crises.
- 27. Excessive food can lead to health problems such as obesity.
- 28. The team worked to meet the deadline for the project.
- 29. Early of cancer can significantly improve treatment outcomes.
- 30. The study found a strong positive between exercise and mental well-being.

#### **Answer**

**Multiple Choice:** 1. Prevalence 2. Neurodegenerative 3. Mitigate 4. Archaeologists 5. Consumption 6. Apnea 7. Diagnosis 8. Awareness 9. Malevolent 10. Association

Gap-Fill: 11. Skeletal 12. Vigilance 13. Proactive 14. Destignatize 15. Significance 16. Obstructive

17. Expenditure 18. Inefficiency 19. Susceptibility 20. Complications

Matching sentence: 1. Prion 2. neurodegenerative 3. ailment 4. havoc 5. susceptibility 6. proactive

7. consumption 8. continuous 9. diagnosis 10. association

#### **CATEGORY**

1. Health - LEVEL4

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