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Sleep Apnea and its associated Cardiac Disorders/Implication

Abstract

Sleep apnea is a well-recognized sleep disorder with multiple associated long-term comorbidities. Though it is more related to pulmonary and ENT specialties it has significant long-term Cardiac complications. It increases airway pressure at night secondary to reduction in muscle tone and airway collapse. This leads to increased resistance for blood to get oxygenated and circulate through pulmonary vasculature causing pulmonary hypertension, primarily type 3. Pulmonary hypertension increases the pressure the right ventricle exerts for the blood to flow through. As it is not as muscular, the right ventricle remodels more by dilating than becoming hypertrophic when compared to the left ventricle. This remodeling eventually leads to reduced functioning of the right ventricles and can cause right heart failure. Though the most common cause of right-sided heart failure is left-sided heart failure, it may not be true when it is secondary to sleep apnea and other pulmonary disorders. Such kind of heart failure comes with challenges to diagnose as these patients don't have classic findings of heart failure such as pulmonary crackles yet are likely to have significant other signs of volume overload including Jugular venous distension, hepatojugular reflux, and lower extremity edema. As patients with sleep apnea don't present to Cardiologists until they're very late in the disease with associated complications of right heart failure, it is important to understand the consequences of sleep apnea for other specialists including ENT, pulmonologists, and internists, who may be able to identify, intervene and counsel patients early to increase treatment compliance while early in the course of the disease.

Biography

I am Krutarth Pandya, MD, a Clinical Associate with the Department of Cardiology at Cleveland Clinic in Cleveland, Ohio. I completed my medical school in India and graduated in 2019. I completed my Internal Medicine residency at a NEOMED University affiliated program in 2023 and joined Cleveland Clinic initially Department of Hospital Medicine f/b Department of Cardiology as a Clinical Associate. My interest and passion for Cardiology have tailored my experience and learning in Cardiology tremendously since medical school. I have attended and presented at multiple national and international cardiology conferences including the American College of Cardiology, American Heart Association, and Transcatheter Cardiovascular and Therapeutics, and have been invited as a Social Media Ambassador at these conferences as well. My primary interests in cardiology include but are not limited to Heart Failure, Critical Care Cardiology, and Cardiogenic Shock.