



Pulmonary, Critical Care and Sleep Medicine Grand Rounds

Presented by: Department of Internal Medicine, Section of Pulmonary, Critical Care and Sleep Medicine

Sleep Health Disparities: The Impact on OSA Treatment and Outcomes

01/19/2022 3:00 PM – 4:00 PM EST | Online

Disadvantaged populations have been found to have worse outcomes across a range of health conditions. Sleep health disparities are often overlooked, but can also be important contributors to overall health. Studies have shown that non-white populations are at increased risk for sleep disorders, including short sleep duration, daytime sleepiness, insomnia, and particularly obstructive sleep apnea. Despite high prevalence of clinically significant obstructive sleep apnea, African Americans and Hispanics tend to be underdiagnosed. Even when diagnosed, patients from these populations tend to have worse outcomes. Sleep health disparities in underprivileged communities may call for novel interventions and treatment approaches, with potential ancillary benefits to broader health and quality of life.



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Host: Kathleen Akgun, MD

Program Goal:

1. Discuss various sleep health disparities and the overall health effects in communities of color and other disadvantaged populations
2. Review obstructive sleep apnea in disadvantaged populations, and existing disparities in diagnosis, treatment, and overall outcomes.
3. Examine the potential determinants of existing sleep health disparities and ways of mitigating these inequalities

Target Audience: Critical Care Medicine, Sleep Medicine, Pulmonology Medicine

Financial Disclosure Information:

Richard Matthay, MD, Course Director for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.
Deborah Lovejoy, coordinator for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.
Kathleen Akgun, MD, moderator for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.
Vivian Asare, MD, faculty for this educational activity, has no relevant financial relationship(s) with ineligible companies to disclose.

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