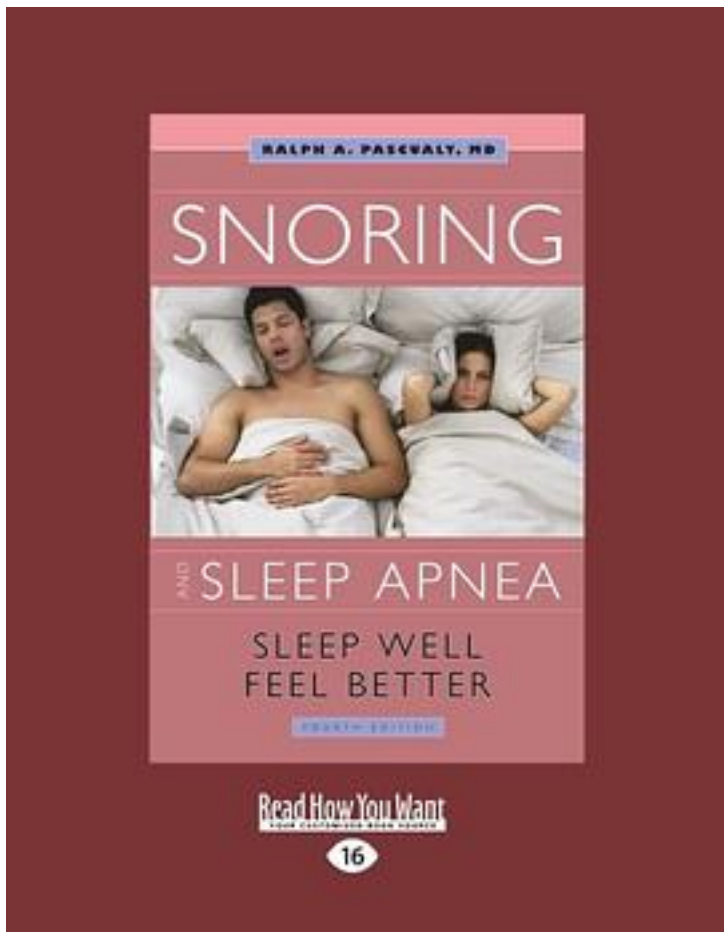


# Snoring and Sleep Apnea (EasyRead Large Edition)



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出版者:ReadHowYouWant

出版时间:2010-01-19

装帧:Paperback

isbn:9781458764317

Snoring is the most common sign of sleep apnea, a potentially fatal disorder that affects approximately 12 million Americans, according to the National Institutes of Health. Untreated sleep apnea is associated with heart disease, high blood pressure,

stroke, and premature death. It is a common cause of driving accidents and job impairment, as well as academic underachievement in children and adolescents. Snoring and Sleep Apnea is for people who have - or suspect that they have - sleep apnea. It is also written for their bed partners, families, and friends, and for health care professionals involved in sleep apnea management. This extensively revised and expanded fourth edition covers causes, diagnosis, treatment, and surgical techniques as well as the pros and cons of specific therapies. Readers will learn: When snoring is a sign of sleep apnea; Why snoring and sleep apnea are dangerous to your health; Who should see a sleep specialist; Where to find an accredited sleep disorder center; The latest treatments and how to feel better fast NEW and expanded topics in this edition include: Advances in CPAP and other key treatments; A new chapter on women and sleep apnea; Managing children and adolescents with sleep apnea; The latest statistics on the impact of sleep apnea on obesity, diabetes, and cardiovascular disease Snoring and Sleep Apnea: Sleep Well, Feel Better will educate readers and help them receive the diagnostic tests and effective treatment they need to live full and healthy lives.

作者介绍:

目录:

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