

A HEALTHY NIGHT'S SLEEP IS WITHIN REACH



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LECTURE ONLINE**

FREE ONLINE HEALTH LECTURE

Advances in treating sleep apnea

When Wednesday, Oct. 27, from 7 to 8 p.m.

Where Watch online. You'll get the link once you register.

Sleep apnea is a serious medical condition that causes you to repeatedly stop breathing for brief moments during sleep. If left untreated, sleep apnea increases your risk for a number of serious conditions, including stroke, heart failure, irregular heartbeat and type 2 diabetes. Fortunately, there are a variety of effective treatments for sleep apnea.

Hear board-certified sleep medicine specialist Thomas Minor, MD, describe the health risks of and current treatment options for sleep apnea. Then hear otolaryngologist Mark Hunter, MD, explain Inspire® Upper Airway Stimulation, a new minimally invasive surgical alternative to continuous positive airway pressure (CPAP).

BCH 1st in Boulder County to offer Inspire® Outpatient Surgery

RESERVATIONS REQUIRED:
bchlectures.org/sleep-apnea



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