

ELEVATED BMI(>31)

BMI>31 is a risk factor for obstructive sleep apnea (OSA), which is potentially associated with cardiac arrhythmia atrial fibrillation.

A consultation report from your attending physician regarding your risk factors for OSA, and whether this diagnosis has been entertained. The report should include:

1. STOP-Bang questionnaire:

If score is intermediate or high risk of OSA, then a sleep study is required (Level 3 sleep study acceptable).

2. Assessment of daytime sleepiness (e.g. an Epworth sleepiness score);

3. Comment on the presence of any daytime somnolence;

4. Lipid profile, HbA1C, and Framingham Risk Score (FRS).

If FRS is >20%, then also require:

- a cardiovascular assessment; and
- exercise stress test to minimum 8.5 METs on a Bruce Protocol.

YOU MAY CONSIDER PRINTING THIS DOCUMENT AND PROVIDING IT TO YOUR PHYSICIAN