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Obstructive sleep apnea: A burden on the aging brain

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Obstructive Sleep Apnea (OSA) is now recognized as an important risk factor for stroke, cognitive impairment and dementia. Moreover, OSA is a common clinical outcome after stroke directly influencing the patient's recovery. This talk will review current evidence linking OSA with stroke and cognitive impairment. It will highlight the importance of early recognition and treatment of obstructive sleep apnea in elderly patients especially during the post-stroke period to improve the neurological outcomes. In addition, physicians will learn about the novel approaches that have emerged in the last few years to treat OSA including Adaptive Servo ventilators and Nasal Expiratory Positive Airway Pressure device.

Biography

Purti Papneja is a Clinician Teacher and Lecturer at the University of Toronto, Department of Family and Community Medicine. She received her MD from the McMaster University and completed her Family Medicine Training at the University of Toronto. She received Clinical Training in Sleep Medicine at Sunnybrook Health Sciences. Her practice in Sleep Medicine is focused on post-stroke patients at the North Toronto Sleep Center. She is an Active Staff and Post graduate Program Co-Director in Department of Family Medicine at Sunnybrook Health Sciences and involved in undergraduate medical education.

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