



Nutriden Inc. Releases New Information on The Link Between Type 2 Diabetes and Sleep Apnea

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Nutriden Inc. the Calgary, Canada based nutrition supplements brand has highlighted new research that shows a link between type 2 diabetes and sleep apnea as a part of its sleep awareness campaign.

Studies have shown that people suffering from type 2 diabetes always have sleep problems, with the most common problem being sleep apnea. According to the National Institutes of Health, sleep apnea can be defined as a common disorder in which a person has one or more pauses in breathing or shallow breaths while they sleep. Breathing pauses can last from a few seconds to minutes.?

Tom Schumlich, CEO of Nutriden Inc. says ?Sleep apnea is one of the most common reasons for poor sleep at night making it the number one reason for daytime sleepiness.? As per the American Sleep Apnea Association, an estimated 22 million Americans suffer from sleep apnea, with 80 percent of the cases of moderate and severe obstructive sleep apnea undiagnosed.

The American Diabetes Association explains type 2 diabetes in this way: ?If one has type 2 diabetes their body does not use insulin properly. This is called insulin resistance. At first, their pancreas makes extra

insulin to make up for it. But, over time it isn't able to keep up and can't make enough insulin to keep their blood glucose at normal levels.? It can be a lifelong disease and cause those who have it to have a difficult daily life.

According to a study published in Family Medicine, patients with type 2 diabetes can have a nearly 50-50 chance of being diagnosed with the sleep apnea. David Marrero, Ph.D., President of Healthcare and Education at the American Diabetes Association and Director of the Diabetes Translational Research Center at the Indiana University School of Medicine in Indianapolis says that ?The cause of sleep apnea and how it connects to type 2 diabetes has a lot to do with weight. People with type 2 diabetes may be obese, insulin resistant, and have large amounts of visceral fat (the fat deep inside the body that surrounds the organs). The extra weight causes the tissues in their neck and throat to fall into their airway, resulting in a blockage and sleep apnea.?

On its own, type 2 diabetes is a serious health issue. Adding sleep apnea to this chronic condition can further deteriorate the body?s health. For more information on sleep disorders and treatments via natural sleep aids visit Nutriden Inc?s official website or log on to its Amazon storefront.

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Nutriden Inc

Nutriden Inc. is a privately held company committed to providing it's customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.

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