Pre-registration requested by Thursday, Jan. 27.
To register, call 402-562-3380 or visit www.columbushosp.org.

CCH Lunch & Learn:
Sleep Apnea
Monday, Jan. 31
Noon-1 p.m.
Platte/Prairie rooms

Sleep apnea is a condition marked by abnormal breathing during sleep, and is one of the most common sleep disorders in the United States. It can affect children, adults and people of both sexes, although it is more common in men.

If you are tired of being tired, join Dr. Patrick Henderson with Columbus Otolaryngology Clinic as he discusses what sleep apnea is and the different causes for the disorder. He will also talk about the different types of sleep apnea, the symptoms a person may show and treatment options that are available.

Attendees may attend in person or via Zoom.

Event includes a light lunch.

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