

Published on *SeniorNavigator* (<https://seniornavigator.org>)

## Age in Action: Sleep Disorders and Cardiac Consequences

**Age in Action** is published jointly by the Virginia Center on Aging, VCU Gerontology, and the Virginia Department for Aging and Rehabilitative Services. Its target audience includes professionals in the field of aging, gerontologists, geriatricians, health professionals and administrators, adult home and community professionals, students, and others interested in aging-related education and research in the Commonwealth of Virginia.

The newsletter includes articles from the collaborating organizations; profiles of professionals, organizations, or businesses in the field of aging; articles on topics of relevance, such as housing, health, guardianship, educational programs, legislative issues, available resources, etc.; updates on activities and organizations in or related to the field of aging; notices of meetings and conferences; and more. The newsletter welcomes input and submissions from its readers.

The Age in Action [Sleep Disorders and Cardiac Consequences newsletter](#) explores the cardiac consequences of sleep disorders including the relationship between sleep disorders, hypertension, and coronary heart disease and the potential benefits of identifying and treating sleep disorders for one's health.

For more information on Age in Action, or to gain access to an online list of the issues published in recent years, please visit [The Virginia Center on Aging \(VCoA\) Age in Action Newsletter page](#).

Article Source

Virginia Center on Aging

Source URL

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Last Reviewed

Wednesday, August 9, 2023