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OSA and Obesity Two Sides of the Same Coin

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Abstract:-

- ***Introduction***

Sleep-disordered breathing is a common disorder often neglected due to lack of knowledge and xpertise.

- ***Aims and Objectives***

- **To study various sleep disordered breathing patterns diagnosed by level 1 polysomnography**
- **To study and to correlate Severity of sleep apnea syndrome**

- ***Materials & Methods***

Study design: observational study

- ***Observation***

- **90% patients were diagnosed to have obstructive sleep Apnea (OSA)**
- **22% had periodic limb movement.**
- **70%of patients were male, with mean BMI of 26.82 and mean mallampati score**
- **Mean epworth sleepiness score was 13.22.**
- **There were 18% smokers with smoking index of 14.8 pack YEARS.**
- **Most common associated co-morbidities were HTN(hypertension) and DM (diabetes millitus) .**
- **15% patients had severe OSA(obstructive sleep apnea) and CPAP (continuous positive airway pressure) treatment was initiated in all patients with OSA with Mean AHI of 28.81**

I. INTRODUCTION

Sleep-disordered breathing is a common disorder with increasing prevalence due to the sedentary lifestyle, lack of physical exercise and obesity.

II. AIMS AND OBJECTIVES

- To study various sleep disordered breathing patterns diagnosed by level 1 polysomnography.
- To study and to correlate Severity of sleep apnea syndrome with BMI.

III. MATERIALS S& METHODS

Study design: observational study

- *Inclusion criteria:*

- Patients consenting for the study.
- Patients aged 25 years and above.

- *Exclusion criteria:*

- Patients not consenting for the study.
- Patients not fitting into inclusion criteria.
- COPD patients with acute exacerbation will not be included in the study.
- COPD patients with CNS lesions and taking psychiatric medications.
- Patients with recent history of myocardial infarction (< 3 months), arrhythmias.
- Patients with present history of PTB

IV. OBSERVATION

- A total of 100 patients underwent level 1 polysomnography.
- Among them 90 patients were diagnosed to have obstructive sleep Apnea (OSA)
- 22 had periodic limb movement.
  Patients were mostly male, with mean BMI of 26.82 and mean mallampati score 3.22.mean epworth sleepiness score was 13.22.
- There were 18 smokers with smoking index of 14.8 pack YEARS.
- Most common Association were HTN and DM.
- 15 patients had severe osa and CPAP treatment was initiated in all patients with OSA with Mean AHI of 28.81

V. CONCLUSION

With the increasing incidence of obesity, prevalence of the OSA will increase over the coming years thus representing an important public-health problem. Diagnosing OSA early and treating it will reduce the morbidity and mortality associated with the disease

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