

PS 17-21 AFFECT OF OBSTRUCTIVE SLEEP APNEA SYNDROME ON ESSENTIAL HYPERTENSION

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Abstract

Objective:

Sleep apnea syndrome is one of the cause of hypertension, relating to cardiovascular risk and cardiovascular disease, independently associated with other risks. In Vietnam, there are still a few study about the relation between hypertension and obstructive sleep apnea syndrome (OSAS).

Design and method:

Cross-sectional study with the short-term follow up and compare to the control group. Include 230 patients: 134 hypertension patients and 96 patients without hypertension. We used portable polysomnography StarDust II combine with clinical symptoms to diagnose obstructive sleep apnea syndrome.

Results:

- AHI in the OSAS patients with hypertension is 29.77 ± 13.03 , higher than AHI in the OSAS patients without hypertension 25.21 ± 14.37 ($p < 0,05$) - There are strong positive correlation between AHI and systolic blood pressure with $r = 0,407$, $p < 0,001$. In multivariable analysis the affect of cardiovascular risk to AHI: two risk with statistic signification are hypertension ($p < 0,01$) and obesity ($p < 0,05$).

Conclusions:

High blood pressure makes the OSAS more severe status.

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