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Title: Screening for obstructive sleep apnoea (OSA) in patients attending a hypertension clinic with features of the metabolic syndrome

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Body: Aim: To see if OSA is a common finding in patients with Metabolic Syndrome. Background: Metabolic Syndrome has been described as a constellation of risk factors for cardiovascular disease (CVD). The WHO places the incidence at 21% of the population. OSA syndrome occurs in 2-4% of males and females. Both conditions represent a significant burden to the health service in terms of diagnosis, treatment and management. Volunteers agreed to undergo a home cardiopulmonary sleep study and interview with questionnaires including the Epworth score. Studies were manually scored to determine the Apnoea Hypopnoea Index. Results: 35 volunteers were recruited. This yielded 32 studies (10 female) that were analysed. Mean age: 50yrs (Range 26 – 73), mean BMI: 37.5 (± 5.8). Significant OSA (AHI >5) was found in 7 females (80%) and 20 male (88%) subjects, 86% overall.

Summary Findings

AHI	No. Subjects	Mean AHI (\pm sd)	Mean Epworth (\pm sd)	Mean BMI (\pm sd)
Normal (<5)	6	2(1)	15(6)	40(4)
Mild ($5\leq 15$)	13	10(3)	4(3)	35(5)
Moderate ($15\leq 30$)	5	22(6)	7(4)	36(7)
Severe (≥ 30)	8	55(27)	15(4)	40(6)

Conclusion: OSA is prevalent in this group of patients and was not the primary reason for attendance. Epworth Score alone was a poor predictor of sleep breathing disorder in those with mild to moderate AHI. OSA is a risk factor for CVD and so we suggest that there should be routine screening for OSA in this particular patient group.