

The risk of developing of obstructive sleep apnea syndrome in type 2 diabetes mellitus patients in Uzbek population.

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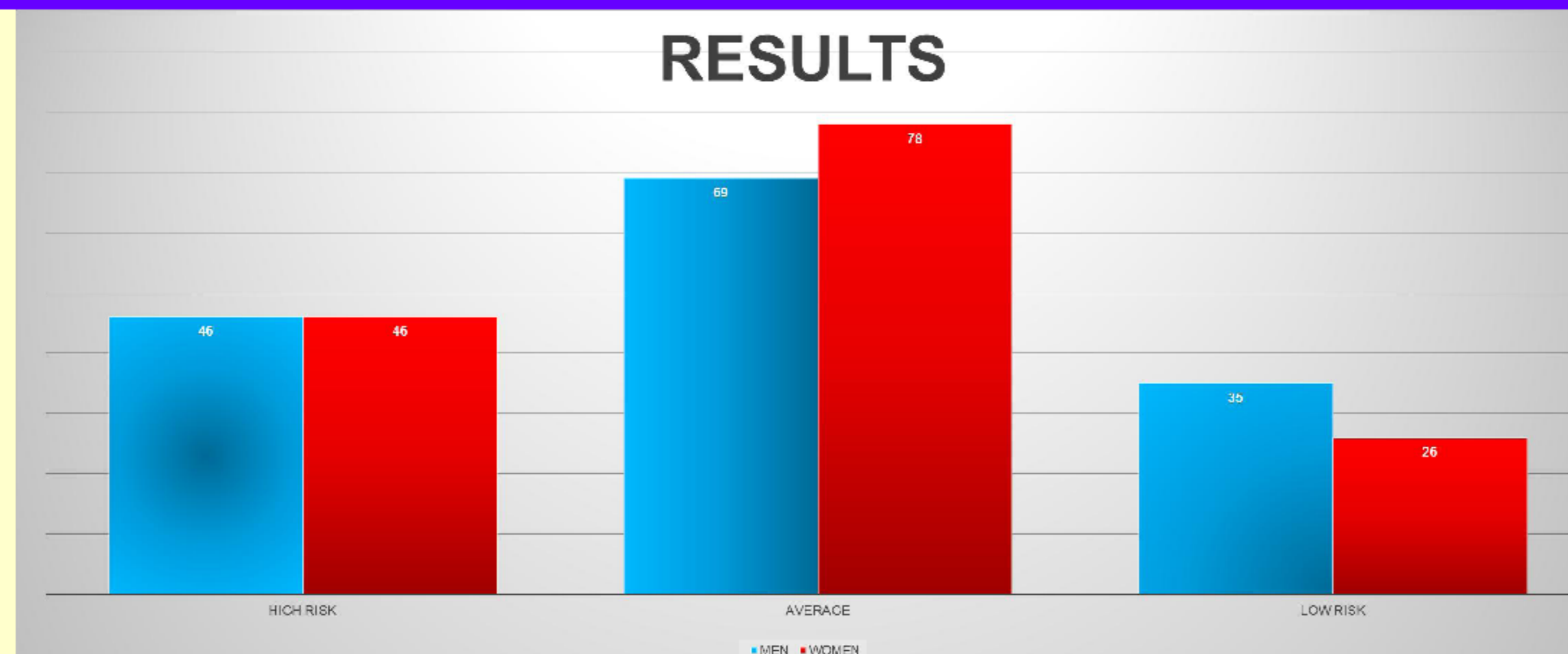
OBJECTIVES

Actuality: According to WHO, 36% of patients with Type 2 diabetes mellitus (T2DM) suffer from obstructive sleep apnoea syndrome (OSAS), which is one of global problems of modern medicine. International Classification of Sleep Disorders identified that 24% of men and 9% of women with T2DM observe symptoms of OSAS. Sleep apnea has a negative effect on the function of the beta cells of the pancreas and insulin sensitivity. Obstructive sleep apnea has a negative impact on the quality of life of patients with type 2 diabetes in the physical and psychological sphere, lowers the overall health and performance of physiological sleep.

Purpose: Study the risk of OSAS in T2DM patients in Uzbekistan.

METHODS

Materials and methods: The study included 300 patients, 150 women and 150 men with T2DM in middle age (45-60 years). Disease duration from 5 to 15 years. Identification of OSAS was carried out by STOP-BANG questionnaire with measurement of neck circumference, body mass index. OSAS risk was determined by summing up the points(p): high risk 5-8p, average 3-4p, low 0-2p.



RESULTS

Results: 46 (31%) women and 46 (31%) of men had high risk, 78 (52%) women and 69 (46%) men had medium risk, 26 (17%) women and 35 (23%) men had low risk of OSAS. OSAS prevailed in the group of middle-aged women with low quality of life in comparison with men.

CONCLUSIONS

Conclusion: Our data results showed no gender differences in the high risk of sleep apnea development among patients with type 2 diabetes mellitus in Uzbekistan. While middle risk groups included more women 78 (52%). Low risk group consisted of 35 (23%) men predominantly. Our results contradict international data and show that women are more prone to OSAS than men.

References

Shaw, JE; et al. Sleep-disordered breathing and type 2 diabetes. A report from the International Diabetes Federation Taskforce on Epidemiology and Prevention. Diabetes Res Clin Pract, 2008, 81 — pp.2-12.

