

## 5.02 Cardiovascular Risk Factors in Patients with Obstructive Sleep Apnea

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Obstructive Sleep Apnea (OSA) is a common condition which can result in significant adverse effects with hypertension, myocardial infarction (MI) and stroke all potential complications<sup>1</sup>. This observational study analysed the relationship between cardiovascular risk factors and OSA and the occurrence of related events within this cohort of patients. A convenience sample of 31 patients with a recent diagnosis of OSA were assessed for risk factor profile and OSA severity. Data was collected using chart review and hospital IT system. 29 of the 31 (93.5%) patients included had one or more risk factor for cardiovascular disease including obesity, hypertension, hypercholesterolemia, smoking, family history of cardiac disease and Diabetes Mellitus (Figure 1). 45% had at least 3 risk factors. None of the patient's reviewed had a documented history of MI and only one patient had a prior stroke. OSA severity did not appear to have a direct relationship with risk factor prevalence with the mean number of risk factors highest in those with mild OSA (2.52) and mean of 1.66 and 2 in the moderate and severe categories respectively.

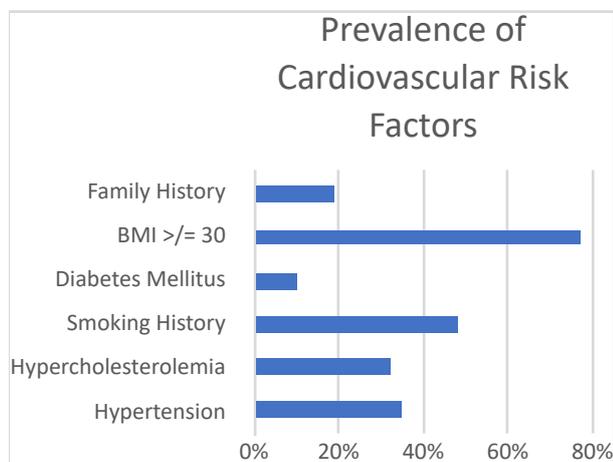


Figure 1.(5.2) Prevalence of Cardiovascular Risk Factors in patients with Obstructive Sleep Apnea.

Diagnosing OSA is important due to its associations with cardiac disease and stroke. Although this study was small in size and most patients included had not yet been affected by MI or stroke, it depicted a high prevalence of risk factors which is important for monitoring and optimising to prevent future complications.

References:

1. Slowik JM, Sankari A, Collen JF. Obstructive Sleep Apnea. [Updated 2022 Jun 28]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK459252/#>

**Conflict of Interest: None to declare**