

OBSTRUCTIVE SLEEP APNEA IS ASSOCIATED WITH CARDIOVASCULAR RISK FACTORS AMONG TYPE 2 DIABETES MELLITUS PATIENTS

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Abstract

Aim: The aim of this study to determine the risk of sleep apnea and cardiovascular risk factors in adult patients with Type 2 diabetes. The data of study were gathered by the researchers through face-to-face interview with the patients diagnosed with 228 type 2 diabetes. **Method:** In this study, the data were gathered by using the "Patient Information Form" , "Berlin Questionnaire" and "Framingham Risk Score". The Framingham Risk Score (FRS) (Total cholesterol, HDL, BMI, was used to evaluate risk for CVD, and the Berlin Questionnaire (BQ) was used to evaluate risk for OSA. **Results:** OSA risk level and the factors affecting the patients were evaluated. 54.2% of the females and 19% of the males in a total of 228 subjects were found to not carry risk while 45.8% of the females and 81% of the males were found to be risky in terms of gender. Apart from this, age, Framingham risk score, BMI, waist/hip ratio, and waist circumference were found to have a statistically significant effect **Conclusion:** In conclusion, our data show that sleep disturbance is common among patients with Type 2 diabetes and that individuals at high risk for OSA are also at higher risk for CVD. OSA appears to increase the risk of CVD among patients with Type 2 diabetes. **Summary Statement:** What is already known about this topic? Age, male gender, obesity, and smoking are well-known risk factors for CVD. OSA can also be accompanied by hypertension, DM, and coronary artery diseases.

Obstructive Sleep Apnea is Associated with Cardiovascular Risk Factors Among Tip 2 DM Patients

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What is already known about this topic?

Age, male gender, obesity, and smoking are well-known risk factors for CVD. OSA can also be accompanied by hypertension, DM, and coronary artery diseases.

What this paper adds?

Our study reported diabetic patients; age, gender, high risk of heart disease, obesity increase the risk of OSA. OSA appears to increase the risk of CVD among patients with type 2 diabetes.

The implications of this paper:

Early detection and treatment of sleep disorders in patients with type 2 diabetes is recommended. This intervention is important for the reduction and prognosis of the CVD risk resulting from sleep disorders.

Key words: OSA,diabetes mellitus, heart diseases, sleep apnea

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