

HYPERTENSION AND OBESITY INDUCED SLEEP APNEA IN MEN

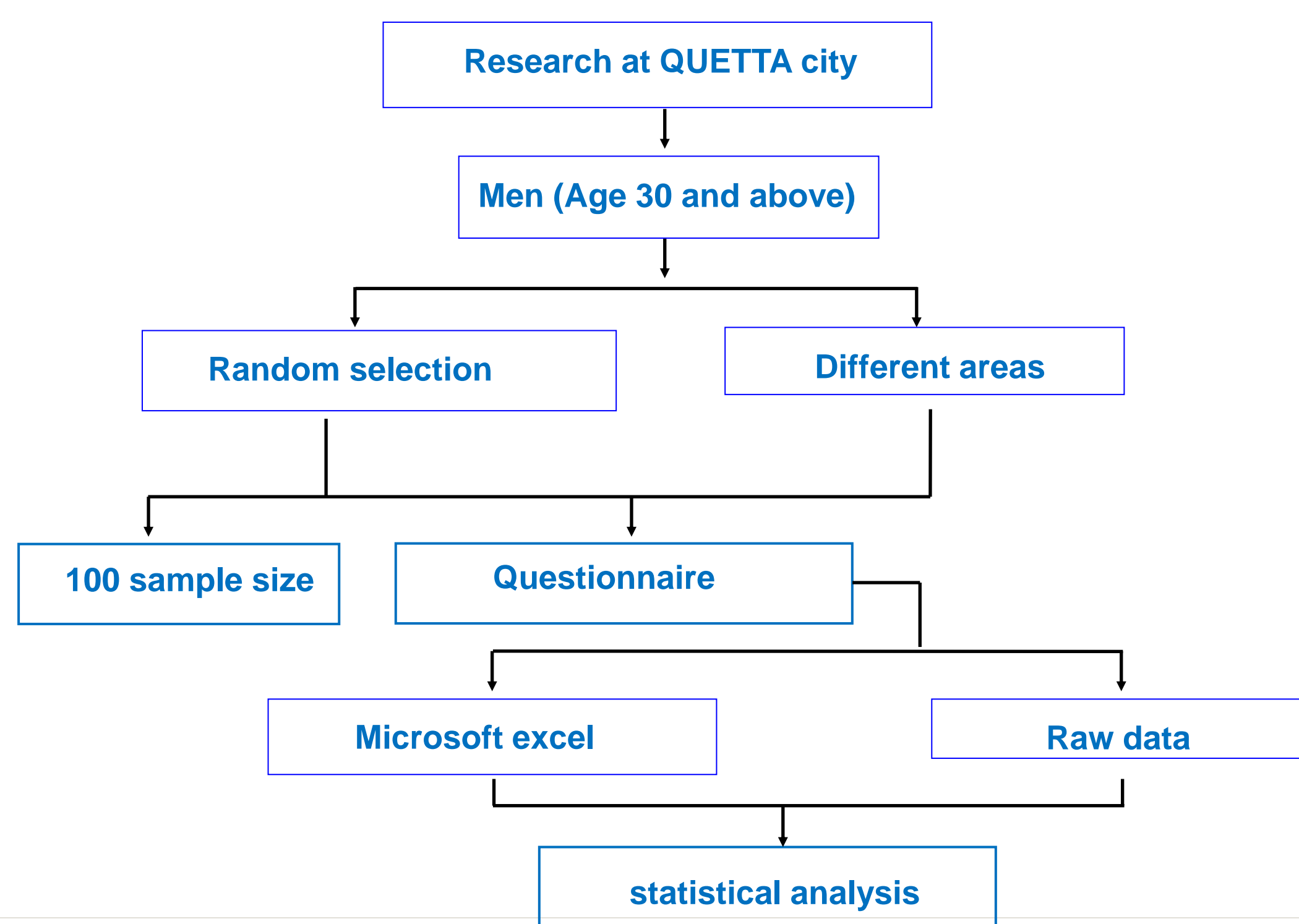
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Introduction

Apnea is a Greek word means "without breathing". It is basically a disorder of sleep which is considered by pauses in breathing and period of shallow/ irregular inhalation while sleeping (1). It can last for few seconds to several minutes and happens several times in a night. It is caused by the airways that are being congested or blocked by the tongue (2). The most common form is loud snoring, fatigue, tiredness. There might be numerous factors causing sleep apnea in men but obesity and hypertension was reported to be the primary risk factors responsible for this sleep disorder in men (3,4).

Study Design



Results

Out of 100 males, 69% were found to be obese

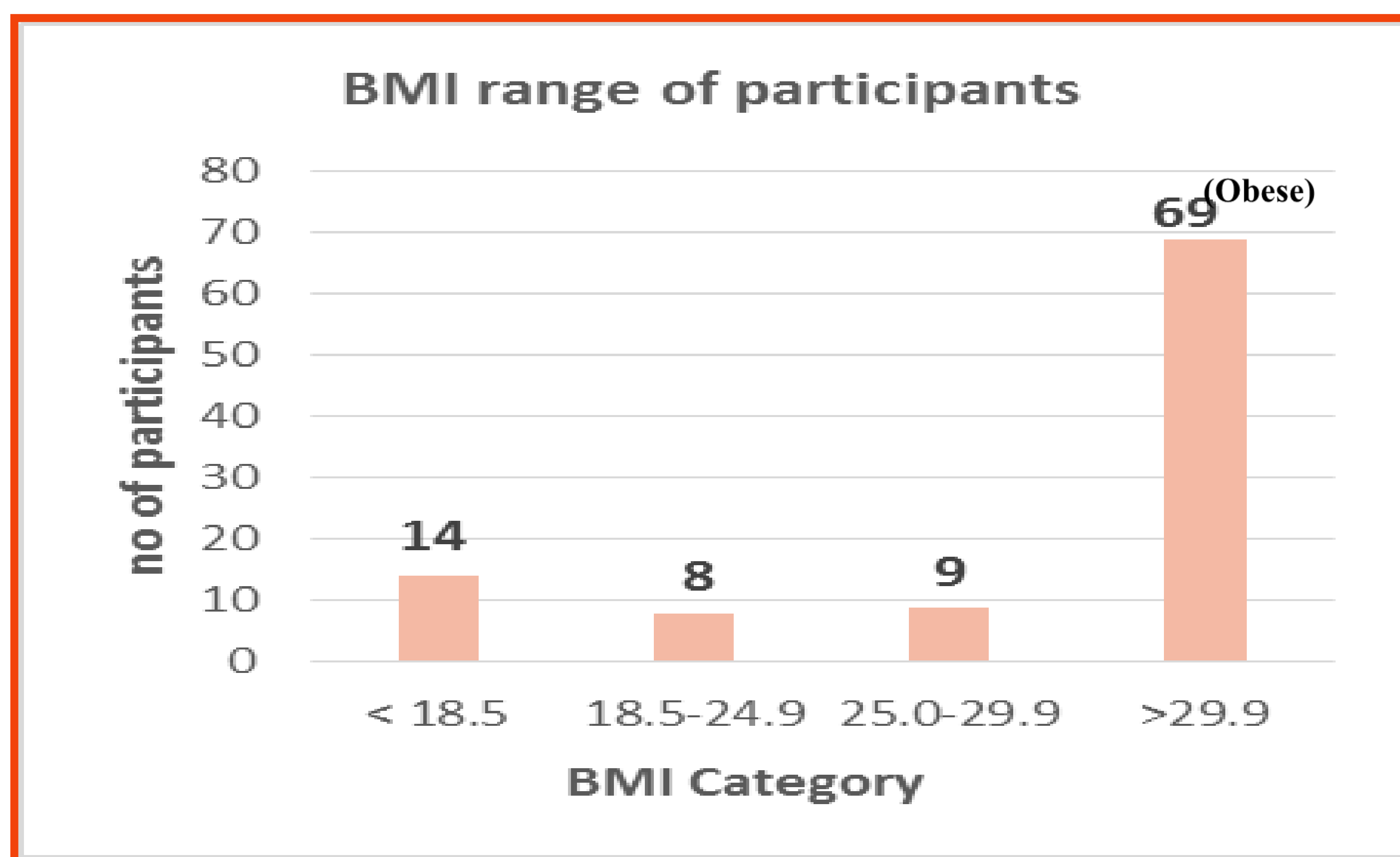


Fig.1 BMIs of male participants

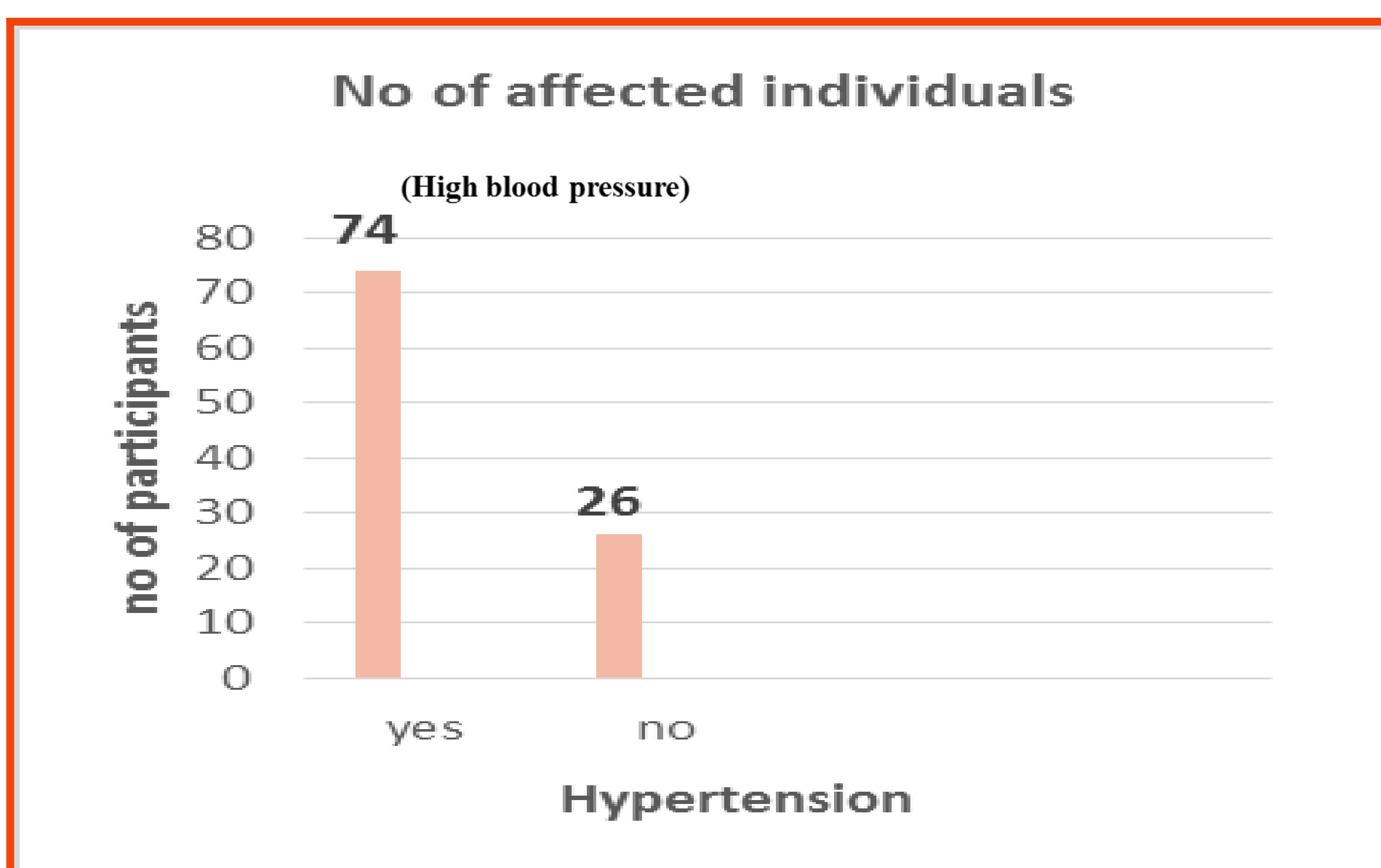


Fig .2 Incidence of Hypertension

Sleep apnoea associated symptoms

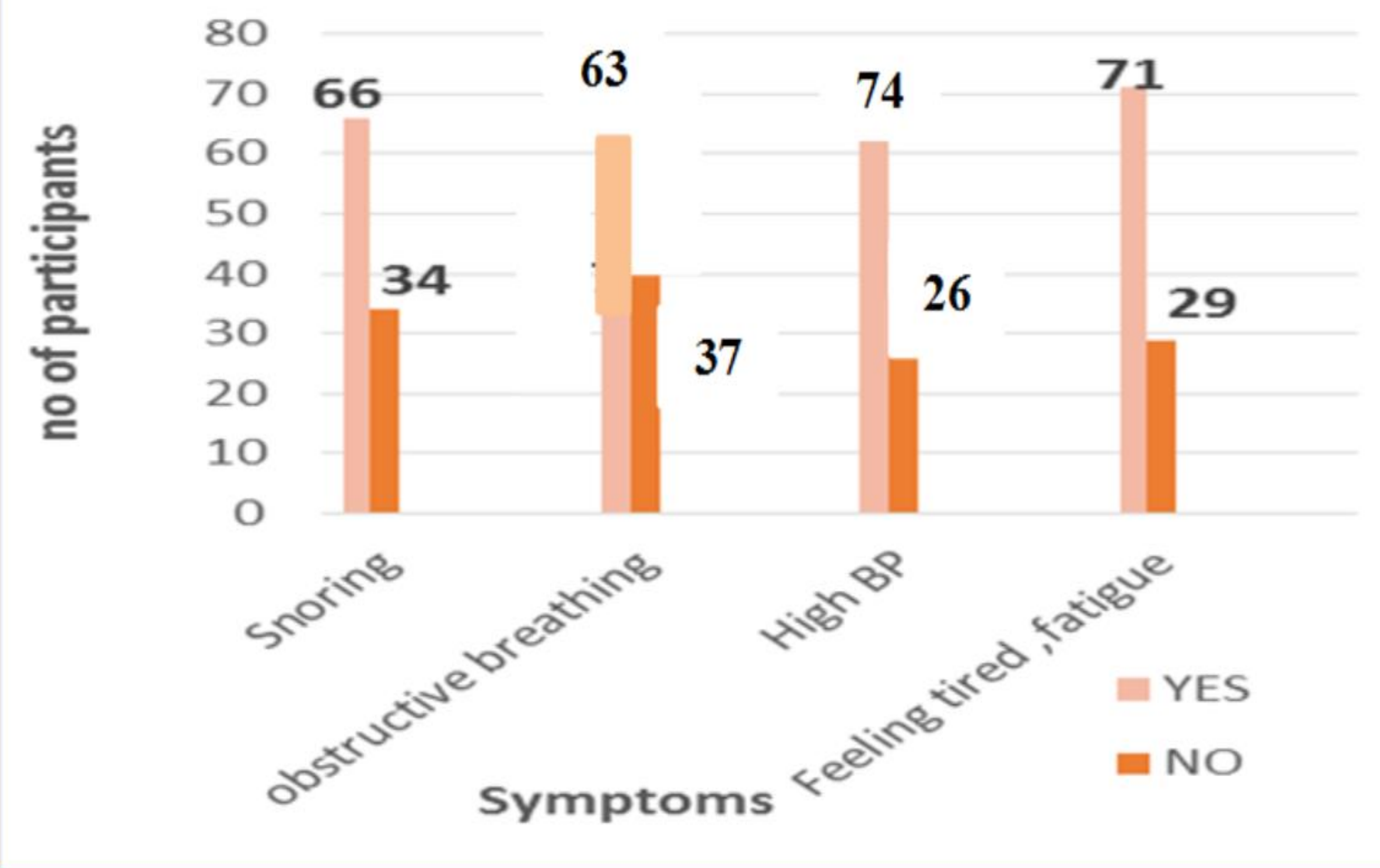


Fig.3: Presence of Sleep apnoea associated symptoms

Incidence of Sleep apnoea

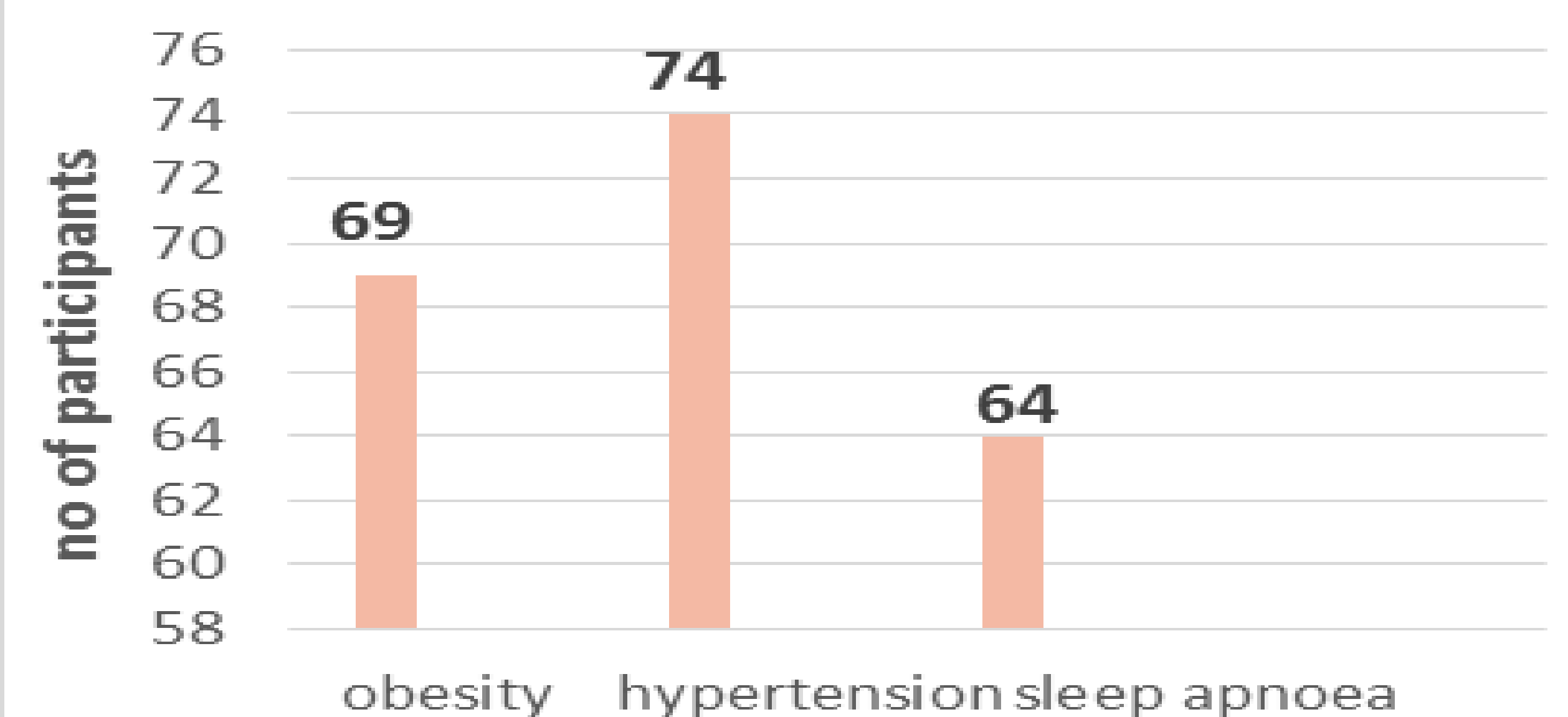


Fig. 4 Incidence of Obesity and Hypertension induced Sleep apnoea in men

Conclusions

Based on our valuable findings, diagnosis of obstructive sleep apnoea in men is of potent and considerable clinical importance because sleep apnea, hypertension and obesity often coexists and interacts. It may contribute to various serious health and pathological processes if not recognized as a serious health hazard. So therefore recognition of this health hazard in men is very crucial.

References

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