

ANTHROPOMETRICAL DATA AND CO-MORBIDITIES IN PATIENTS WITH DIFFERENT SLEEP DISORDERS

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Aim: To analyse anthropometrical data and comorbidities in different sleep disorders.

Methods: 105 patients with obstructive sleep apnea (OSA, n=35), central sleep apnea (CSA, n=35), and non-organic sleep disorders (NOS, n=35) were investigated. In all patients a detailed history was taken and two polysomnographies were performed.

Results: CSA and OSA were more common in men than in women (CSA: 80,0% vs. 20,0 %; OSA: 71,4% vs. 28,6%). Women more often suffered from NOS (62,9% vs. 37,1%). CSA-patients were older than patients with OSA or NOS (CSA $66,0 \pm 12,3$ yrs., OSA $61,0 \pm 10,0$ yrs., NOS $52,0 \pm 13,5$ yrs). 60,0 % of the OSA-pts. suffered from significant obesity ($BMI \geq 30 \text{ kg/m}^2$). In CSA this was only the case in 28.6 % and in NOS in 31,4%. Regarding to comorbidities 91,4 % of the patients with CSA suffered from a cardiovascular, pulmonary or neurological disease, in comparison to this only 62,9 % of NOS-pts. and 77.1 % of OSA-pts. Especially CHD was most often found in patients with CSA (31,4 %). All patients suffering from a valvular heart disease also belonged to the CSA-group. Pulmonary diseases were frequently found in people with OSA (34,3 %). Neurological diseases were rare (NOS: 11,4 %, CSA: 8,6 %, OSA: 5,7 %).

Conclusion: The typical NOS-patient is female, not obese, younger and has less comorbidities. The typical CSA-patients ist male, not obese, old and has cardio-vascular comorbidities. The typical OSA-patient is male, middle-aged, obese and has less comorbidities than the CSA-patient.