

OSA comorbidities and patient health

More than 80% of people with obstructive sleep apnea (OSA) have two or more comorbidities,¹ and people with OSA and any comorbidity have a mortality rate more than ten times greater than those without comorbidities.²

Hypertension

OSA prevalence:

~50%

of patients, up to 80% of patients with resistant hypertension³

Risk:

OSA is an independent risk factor for hypertension, irrespective of other factors,^{3,4} with the incidence of hypertension increasing as the severity of OSA increases.⁵

Cardiovascular disease

OSA prevalence:

40-60% of patients⁶

Risk:

OSA increases the risk of coronary artery disease, heart failure, arrhythmia and stroke.⁵ Post heart attack mortality increases for all patients and mortality from cardiovascular disease nearly triples in patients with severe OSA.^{7,8}

Obesity

OSA prevalence:

40-60% of patients⁹

Risk:

Increases risk for development of OSA;¹⁰ obese or severely obese individuals are nearly twice as likely to have OSA as those with normal body weight.¹¹ OSA may contribute to weight gain.⁷

Type 2 diabetes

OSA prevalence:

15-30%

of patients with OSA have type 2 diabetes, and 55–90% of people with type 2 diabetes have OSA⁸

Risk:

People with OSA are ~1.5–times more likely to develop type 2 diabetes than those without OSA.⁸ Untreated OSA is associated with worse control of blood glucose levels in people with type 2 diabetes.⁸

Depression

OSA prevalence:

23% of patients¹²

Risk:

People with OSA have increased risk and higher rates of depression and anxiety; the risk may be higher in women than in men.^{13–15}

Chronic respiratory disease

OSA prevalence:

50-88% & 10-30%

Asthma^{16,17}

COPD¹⁸

Risk:

Overlap syndrome, in which asthma or COPD co-exists with and exacerbates OSA, is associated with higher levels of morbidity and mortality than OSA or COPD alone.¹⁹

References

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