



ProofLink™ Update

Long-term Cardiovascular Outcomes in Men with Obstructive Sleep Apnoea-Hypopnoea with or without Treatment with Continuous Positive Airway Pressure: An Observational Study

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◆ ***Find This Study***

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◆ ***The Study***

A total of 1949 patients were enrolled in the prospective study: 264 healthy men, 377 simple snorers, 403 with untreated mild-moderate OSA, 235 with untreated severe OSA, and 372 with OSA and treated with CPAP. This was a prospective controlled study to compare incidence of fatal and non-fatal cardiovascular events in men.

- ◆ Participants were followed at least once per year for a mean of 10.1 years.

The endpoint of the study was to identify the impact OSA had as a cardiovascular risk factor and, if effective treatment of OSA with CPAP therapy can modify or normalize that risk.

◆ ***The Results***

- Patients with severe untreated OSA had a significantly higher incidence of fatal cardiovascular events (adjusted odds ratio: 2.87 p=0.025)
- Patients with untreated severe OSA disease had a significantly higher incidence of non-fatal cardiovascular events (adjusted odds ratio: 3.17 p=0.001)
- Patients treated with CPAP >4 hours/night had a reduction in risk of both fatal and non-fatal cardiovascular events (adjusted odds ratio for Fatal events: 1.05 and non-fatal odds: 1.42)

◆ ***Bottom Line***

In men, severe obstructive sleep apnea/hypopnea significantly increases the risk of fatal and non-fatal cardiovascular events. Effective treatment with nasal CPAP significantly reduces this risk.