

Risk for Obstructive Sleep Apnea among People with Diabetes

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ABSTRACT

Objective: The aim of this study is to identify people at high risk for Obstructive Sleep Apnea (OSA) and to evaluate the impact of OSA on the control of cardiovascular risk factors.

Design: A Cross-Sectional Study.

Setting: Four Primary Health Care Centers.

Method: Patients attending diabetes clinics in four health centers were screened for OSA by using the Berlin questionnaire. In addition, patients' medical records were reviewed for age, sex, body mass index (BMI), blood pressure, glycated hemoglobin, lipid profile, antihypertensive, hypoglycemic agents and previous OSA diagnosis.

Result: A total of 455 questionnaires were analyzed. All patients included were type 2. The mean age was 56.6 years. High risk for OSA was present in 173 (38%) patients. It was more common among females ($P=0.013$). There was no significant age difference ($P=0.75$). The risk of OSA increased significantly with $BMI \geq 35$ ($P < 0.001$). No significant difference was found between low and high risk in the control of glycated hemoglobin, lipid profile, and the number of drugs used. Three (1.7%) patients from the high OSA risk and 2 (0.71%) from the low risk (282) had previous OSA diagnosis.

Conclusion: More than one-third of our patients were high risk for OSA. Screening for OSA among diabetics is lacking despite the presence of high number of at risk patients. Increasing awareness of the treating physicians is needed.