

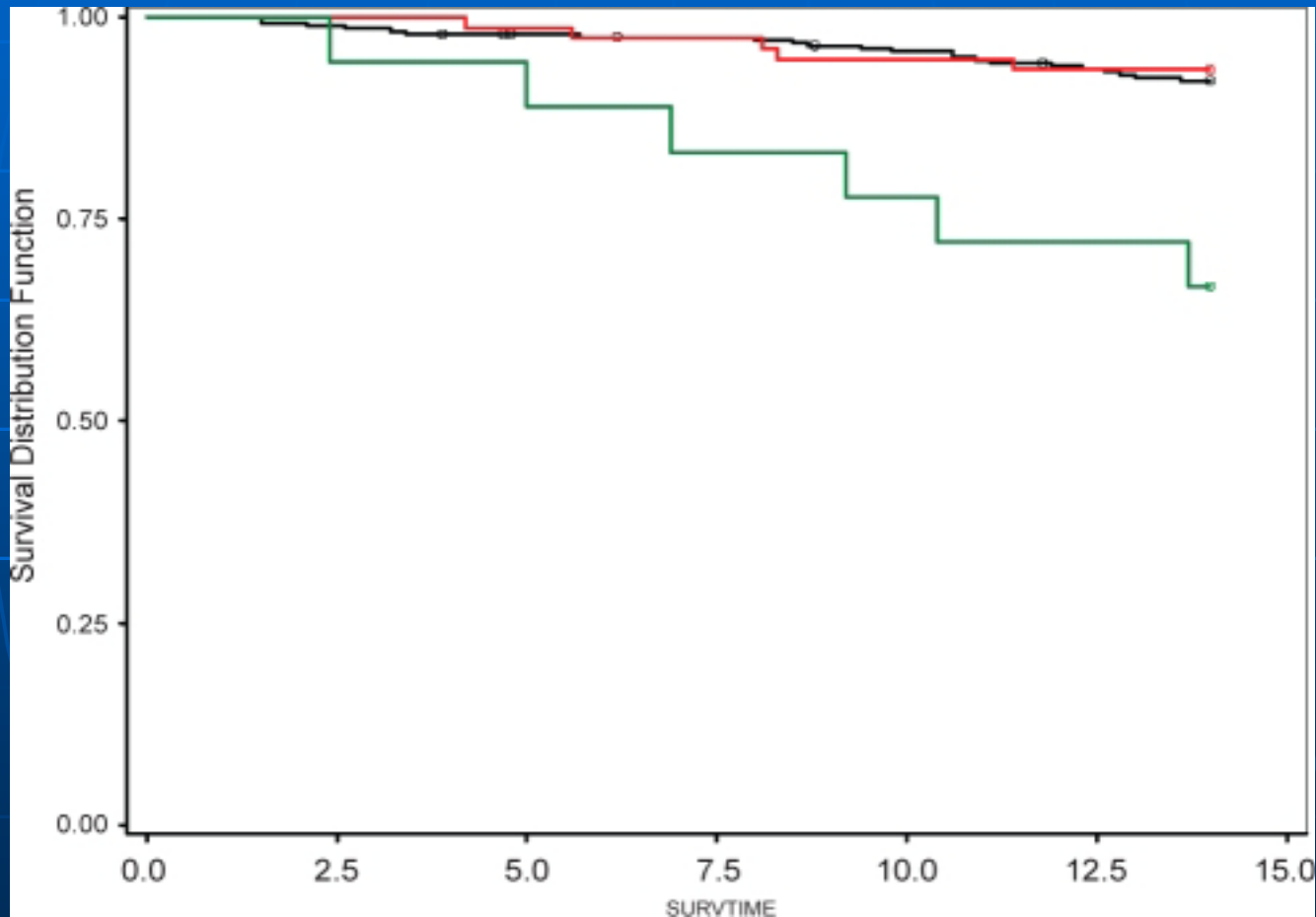
Obstruktiivinen uniapnea

Pentti Tukiainen

Uniapnea

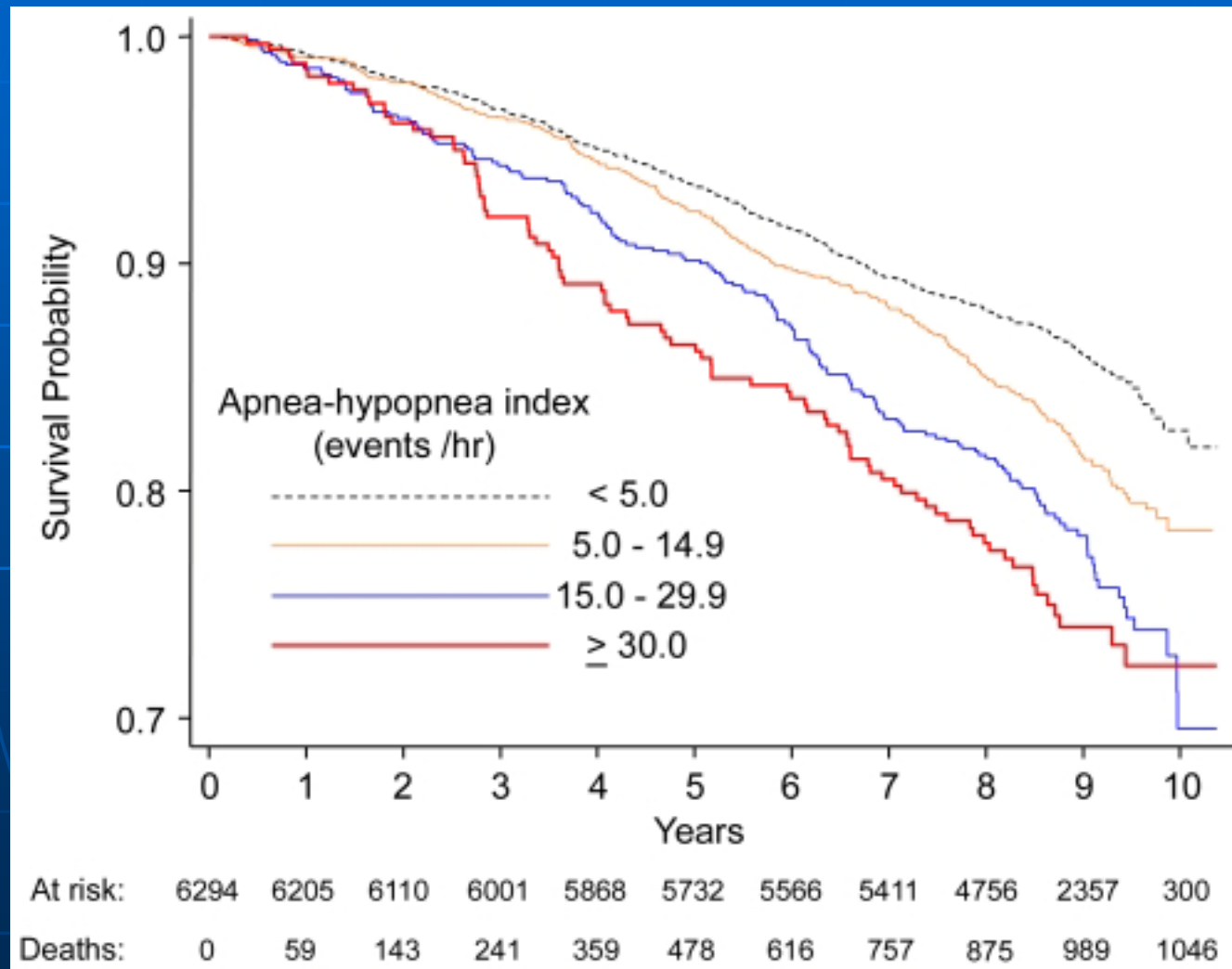
- Yön aikaisia hengityskatkoja runsaasti tai pitkäkestoisina
- Poikkeavaa päiväväsymystä: pakonomainen nukahtelutaipumus tai keskittymiskyvyn ja muistitoimintojen häiriö
- Keskivartalolihavuus ja paksukaulaisuus tavallista
- Esiintyy 3%:lla miehistä ja 2%:lla naisista
- Esiintyvyys lisääntyy väestön lihomisen johdosta
- Hoidoksi tarvitaan painonpudotusta ja CPAP-hoitoa vaikeammille potilaille
- Uniapneaan liittyy merkittäviä systeemivaikutuksia

Survival curves according to AHI (green line AHI > 15, red line AHI 5-14, black line AHI < 5). Marshall et al Sleep 2008



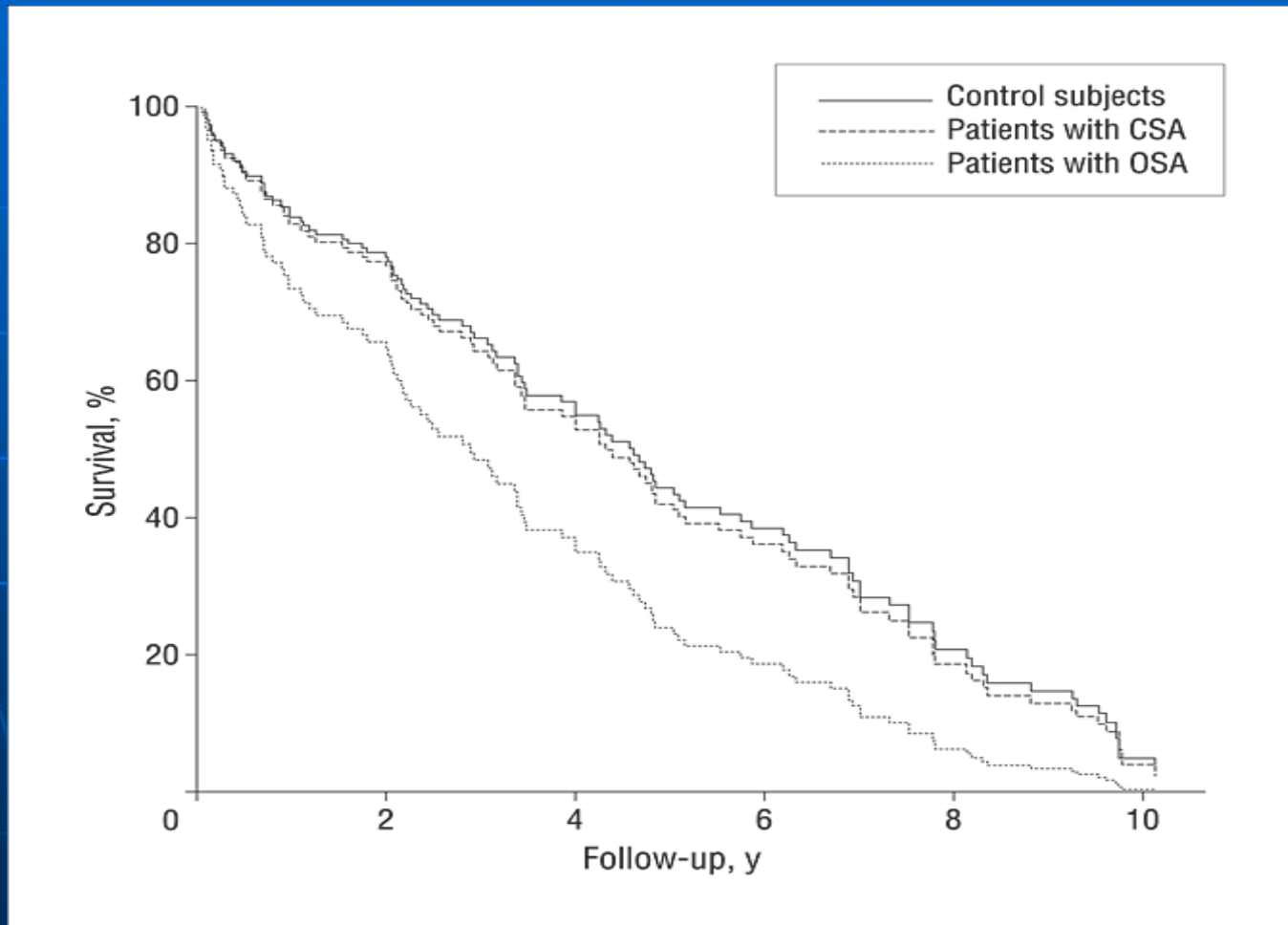
Survival curves across categories of the AHI

Punjabi et al. PloS Med 2009

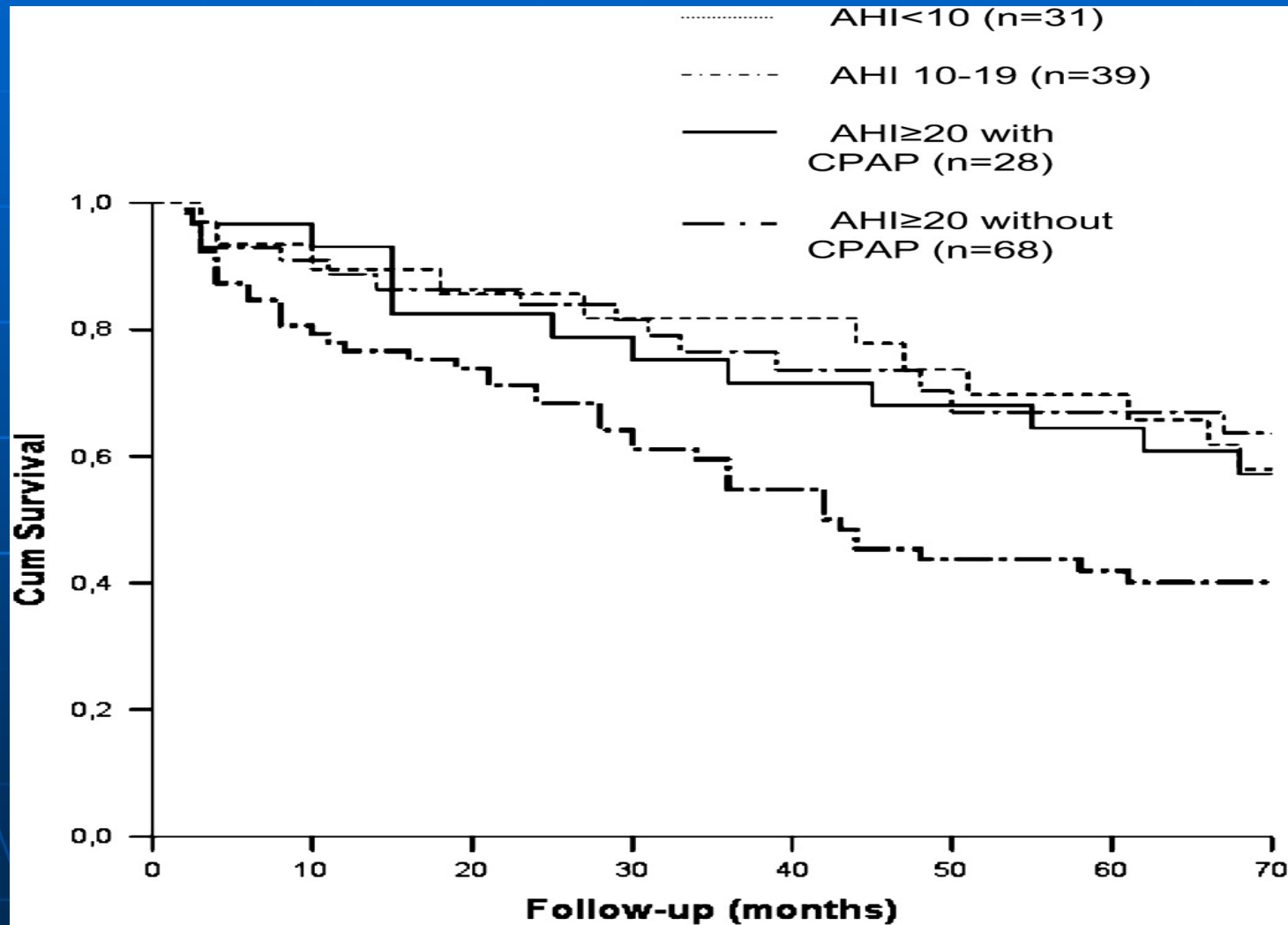


Obstructive sleep apnea as a risk factor for death in patients with stroke.

Sahlin et al. Arch Intern Med 2008

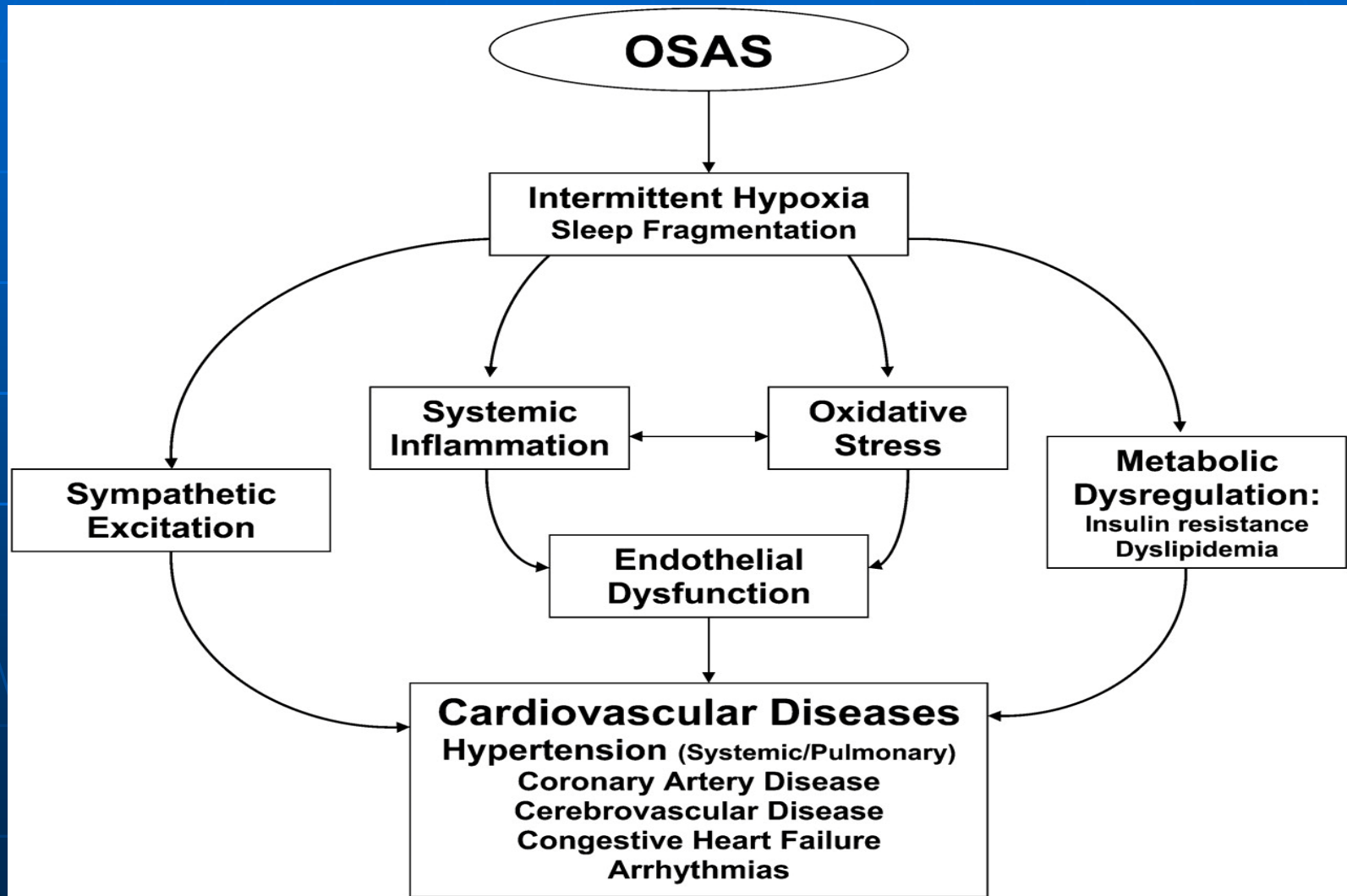


The effect of CPAP treatment on mortality in patients with ischemic stroke. Martines-Carcia et al Am J Respir Crit Care Med 2009



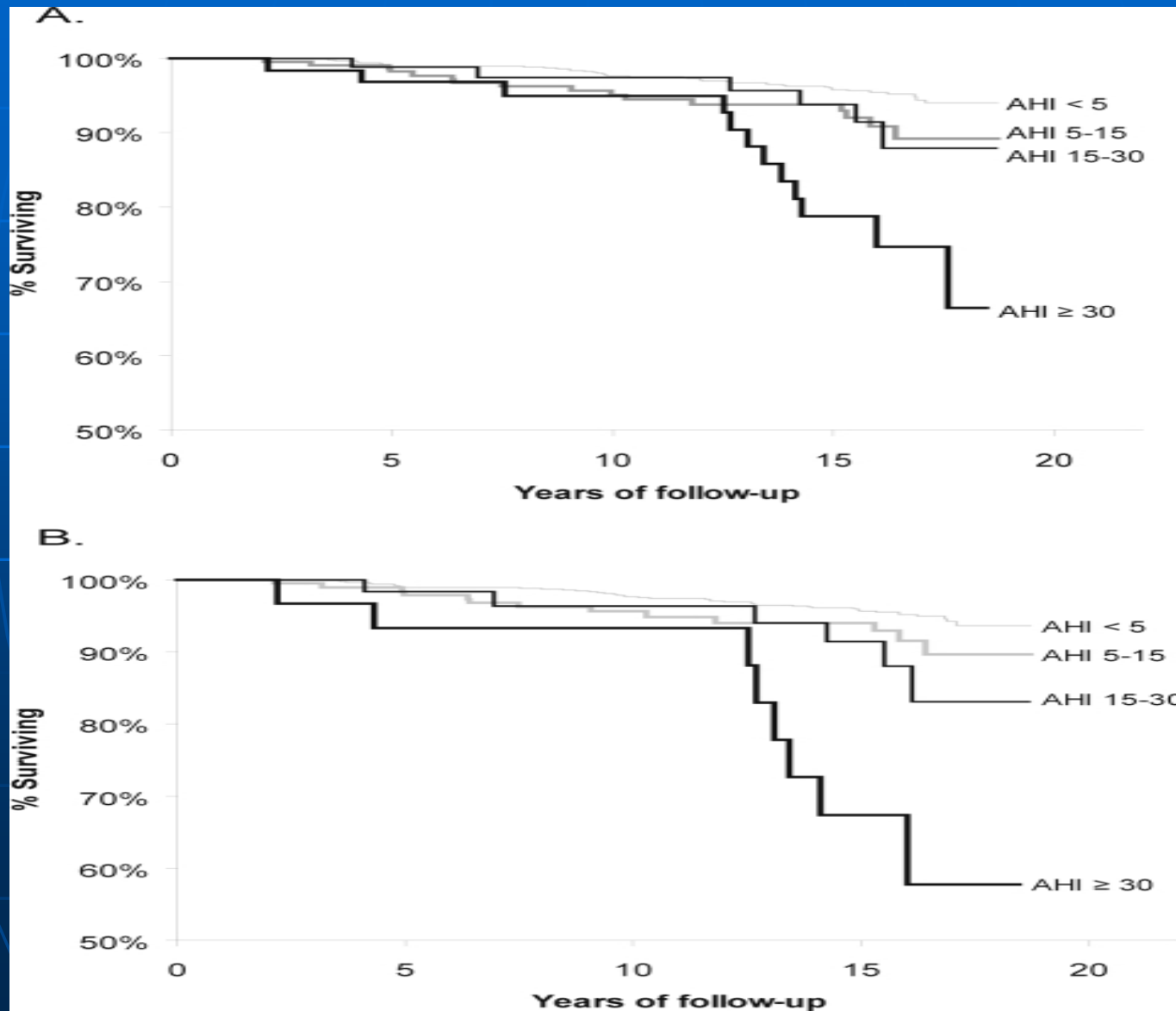
Mechanisms associated with obstructive sleep apnea contributing cardiovascular diseases.

McNicholas WJ Am J Respir Crit Care Med 2009



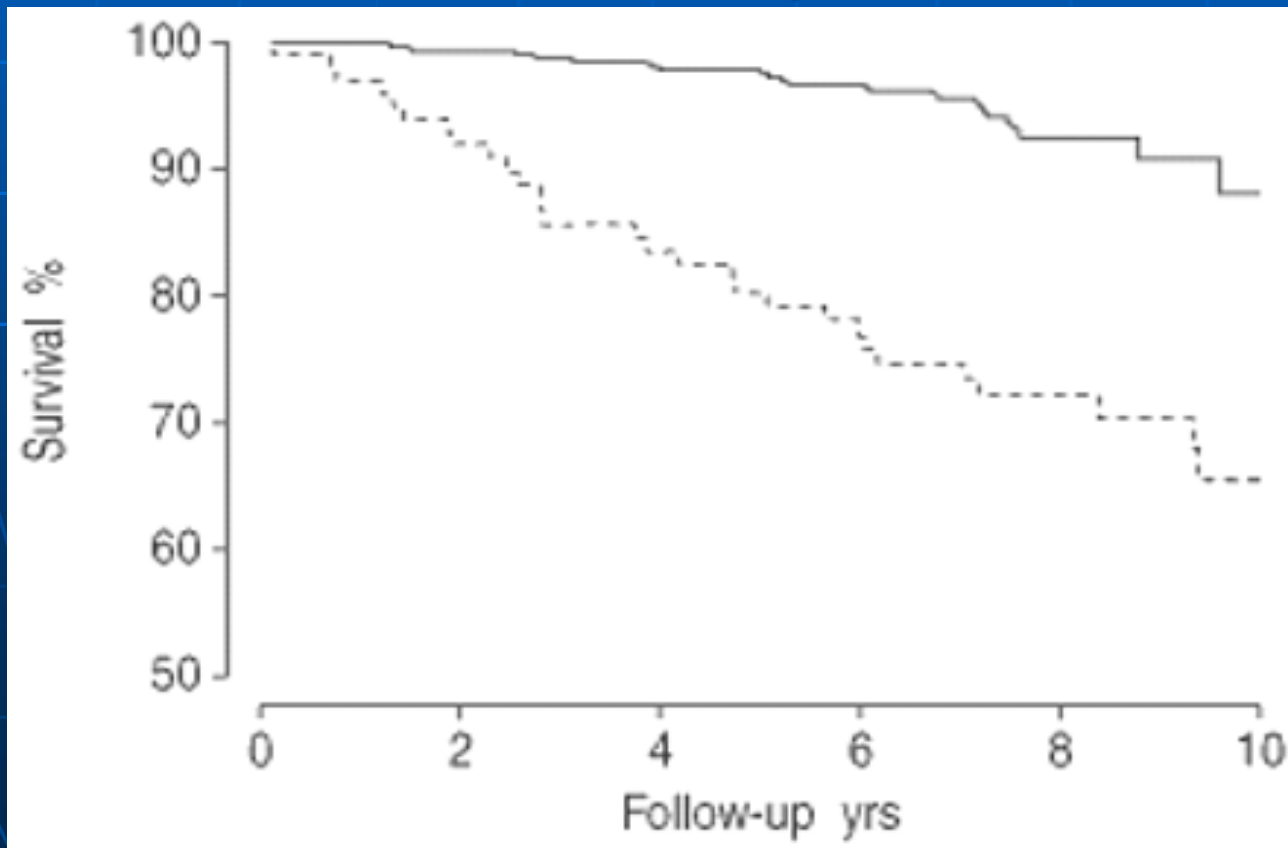
Survival curves according to AHI. B untreated.

Young et al Sleep 2008



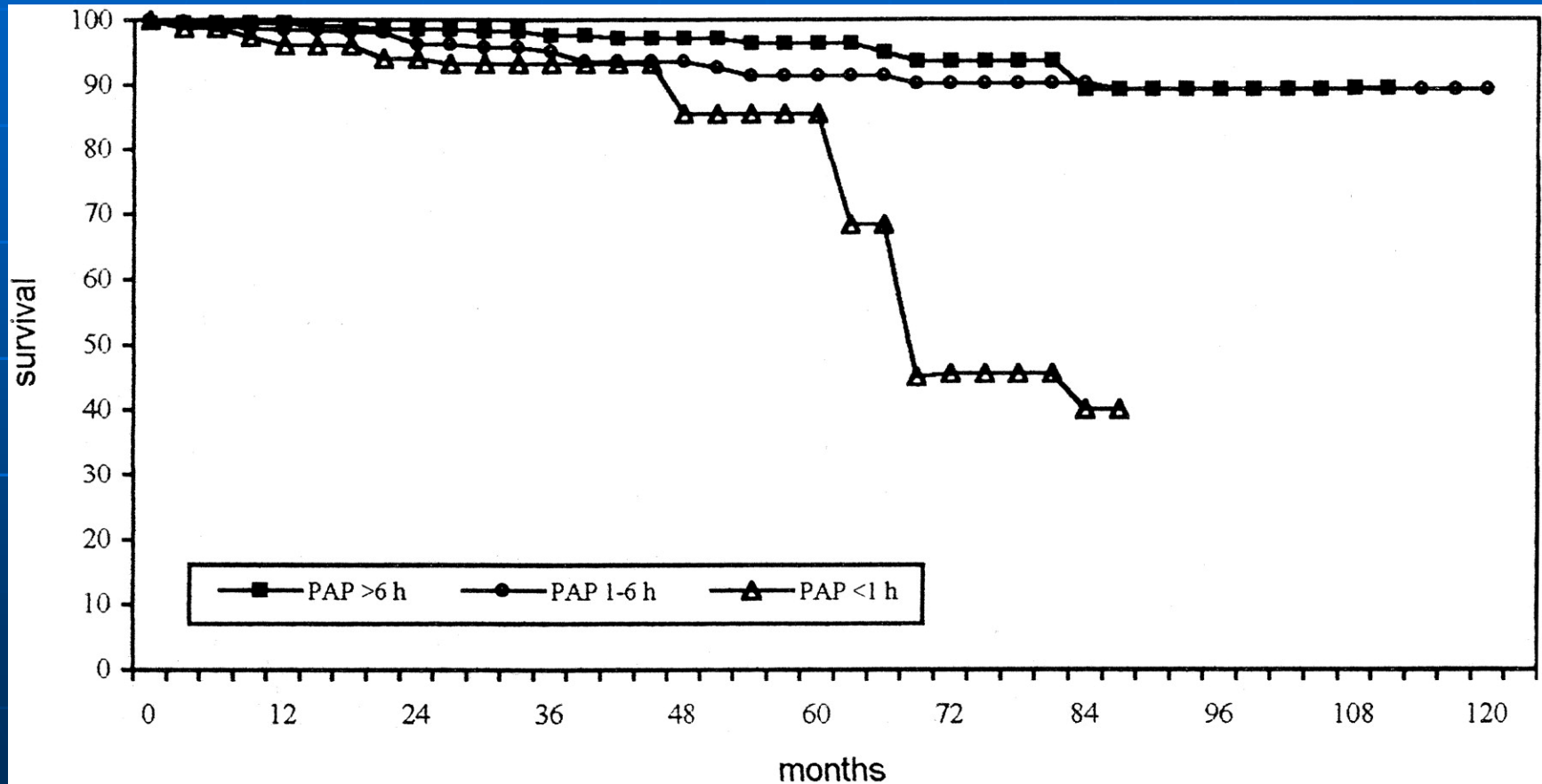
Survival curve for sleep apnea syndrome patients according to treatment(yes solid line, no dotted line)

Marti et al Eur respir J 2002



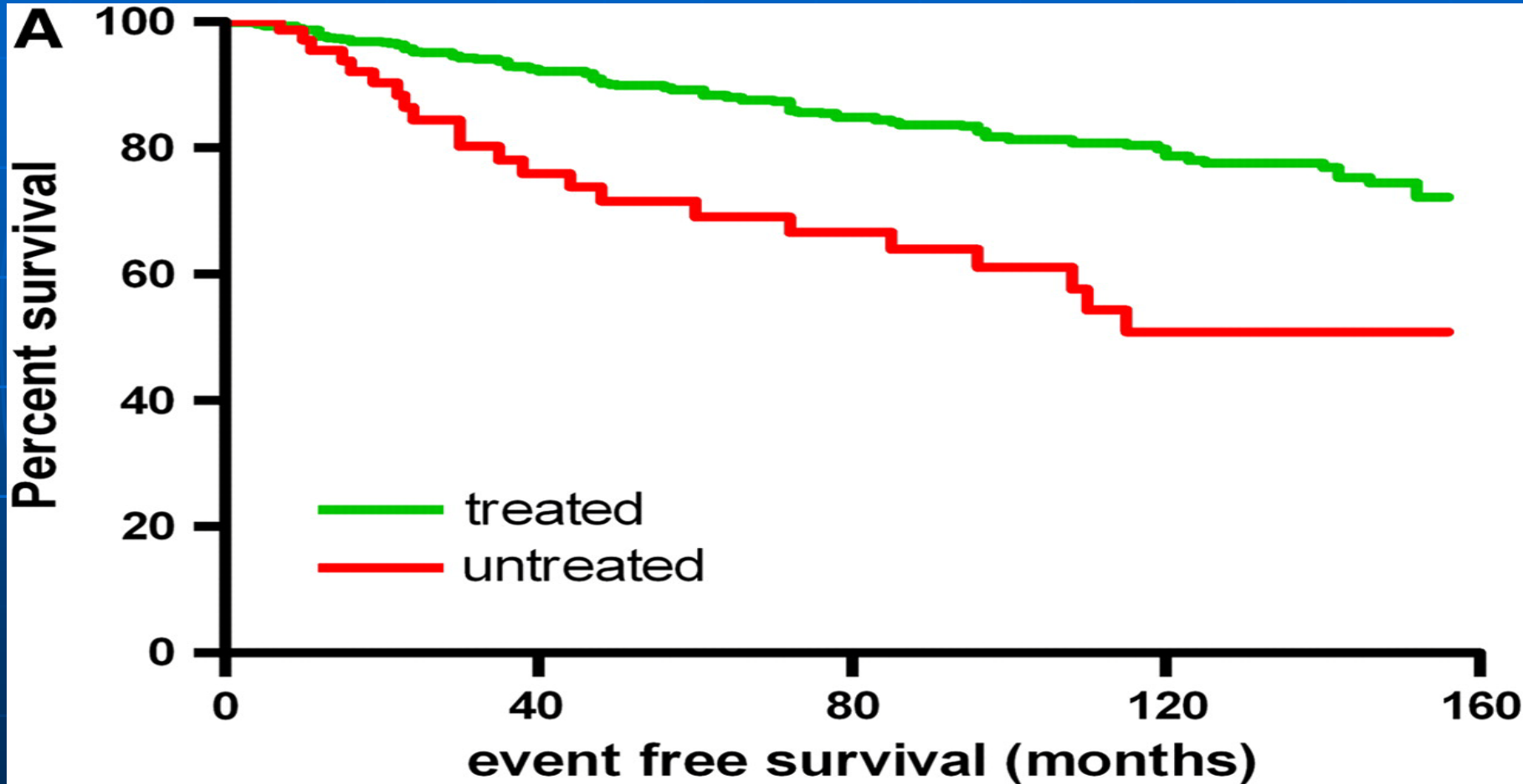
Survival curves according to categories of CPAP compliance.

Campos-Rodriguez et al Chest 2005



Probability of event-free survival in treated versus untreated patients with OSA

Buchner et al Am J Respir Crit Care Med 2007



Uniapnea on haaste
terveydenhuollolle

TERVETULOA