

Comparison of the Clinical Features among Different Age Groups in Patients with Obstructive Sleep Apnea Syndrome

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Objective: Aging effects on sleep are important due to the increase in prevalence of major respiratory disorders as well as the normal changes that occur in sleep patterns with aging. The aim of this study was to compare the clinical features in different age groups of patients with severe obstructive sleep apnea syndromes(OSAS).

Methods: From December 2015 to September 2016, a total of 53 patients who underwent polysomnography and were found to have severe OSAS (apnea-hypopnea index, AHI > or = 30) were enrolled.

Results: the patients were divided into five age groups: ages 15-34(n=8), ages 35-44(n=22), ages 45-54(n=9), ages 55-64(n=10), ages 65-(n=4). Body mass index (BMI) was lower in the elder group than in the youngers ($p < 0.01$). In addition, in polysomnographic findings, the elderly group showed lower TST(total sleep time) and SWS percentage with lower level of apnea-hypopnea index(AHI). In CPAP titration, we also found the elderly group needs lower CPAP titration pressure.

Conclusion: Comparing the clinical features in OSAS patients, the elders had lower BMI, TST, SWS. When treatment with CPAP, elders need lower CPAP titration pressure.

中文題目：比較重度呼吸中止症病人中不同年齡其各項睡眠檢查項目之關係

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