Hearing Loss and Tinnitus in Patients with Obstructive Sleep Apnea

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Objective: The purpose of this study was to evaluate the association of hearing loss and tinnitus for obstructive sleep apnea.
Methods: This was a cross-sectional study of 60 hospital volunteers undergoing sleep, health, and habit questionnaires; auditory examinations; and polysomnography between March 2017 and September 2017. Odds ratios (OR) and 95% confidence intervals (CI) were calculated using multivariate logistic regression analyses.
Results: The mean ± SD age was 44.9 ± 14.2 years. OSA was confirmed in 16 of 60 women (26.7%) and 44 of 60 men (73.3%). After adjustment for potential confounders, Low - frequency hearing loss was associated with the apnea-hypopnea index (AHI) with an OR of 1.065 (95% CI= 1.003 - 1.130). Both high - frequency hearing loss and tinnitus were independently associated with AHI.
Conclusion: On the basis of the results of this cross-sectional study, it is plausible that OSAS has an impact on the development of low - frequency hearing loss.

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