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項目類別：

- ☐ Sleep Physiology,
- ☐ Sleep Monitoring,
- ☐ Circadian Rhythm Disorders,
- ☐ Insomnia,
- ☒ Sleep-disordered Breathing,
- ☐ Sleep and Neurological Disorders,
- ☐ Sleep and Psychiatric Disorders,
- ☐ Others_____

摘要類別：☒ 原著研究摘要 ☐ 個案報告

發表方式：☒ 口頭宣讀 ☐ 壁報研討會 ☐ 隨大會安排

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Parapharyngeal Fat Pad Area at The Subglosso-Supraglottic Level is Associated with Corresponding Lateral Wall Collapse and Apnea-Hypopnea Index in Patients with Obstructive Sleep Apnea: A Pilot Study

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Objective: To assess associations between fat pad areas at various anatomic levels and the sites of lateral wall collapse and disease severity in adult patients with obstructive sleep apnea (OSA).

Methods: Forty-one adult patients (39 males and 2 females) with OSA who prospectively underwent a drug-induced sleep CT scan were included. Areas of parapharyngeal fat pads and degrees of lateral wall collapse at three representative anatomic levels (nasopharynx, oropharynx, and subglosso-supraglottis), and apnea-hypopnea index (AHI) were measured.

Results: The median AHI and body mass index were 50.2 events/h and 26.5 kg/m², respectively. In the subglosso-supraglottic region, the parapharyngeal fat pad area in 17 (41%) patients with complete lateral wall collapse was significantly larger than that in 24 (59%) patients without complete collapse (median, 236.0 mm² vs 153.0 mm²; P = 0.02). The parapharyngeal fat pad areas at the subglosso-supraglottic (r = 0.63; P < 0.001) and nasopharyngeal (r = 0.35; P = 0.02) levels were significantly associated with AHI. In multivariate regression analysis, the parapharyngeal fat pad area at the subglosso-supraglottic level (β = 0.02; P = 0.01) and body mass index (β = 3.24; P = 0.01) were independently associated with AHI.

Conclusion: In this preliminary study, the parapharyngeal fat pad area at the subglosso-supraglottic level was associated with complete corresponding lateral wall collapse and AHI. Further studies are warranted to investigate the effect of parapharyngeal fat pad areas on the treatment of OSA.

中文題目：阻塞性睡眠呼吸中止症病人舌下聲門上區域(subglosso-supraglottic level)側咽脂肪墊的面積和睡眠呼吸中止指數(apnea-hypopnea index)以及側咽壁的塌陷有正相關性：初探性研究

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