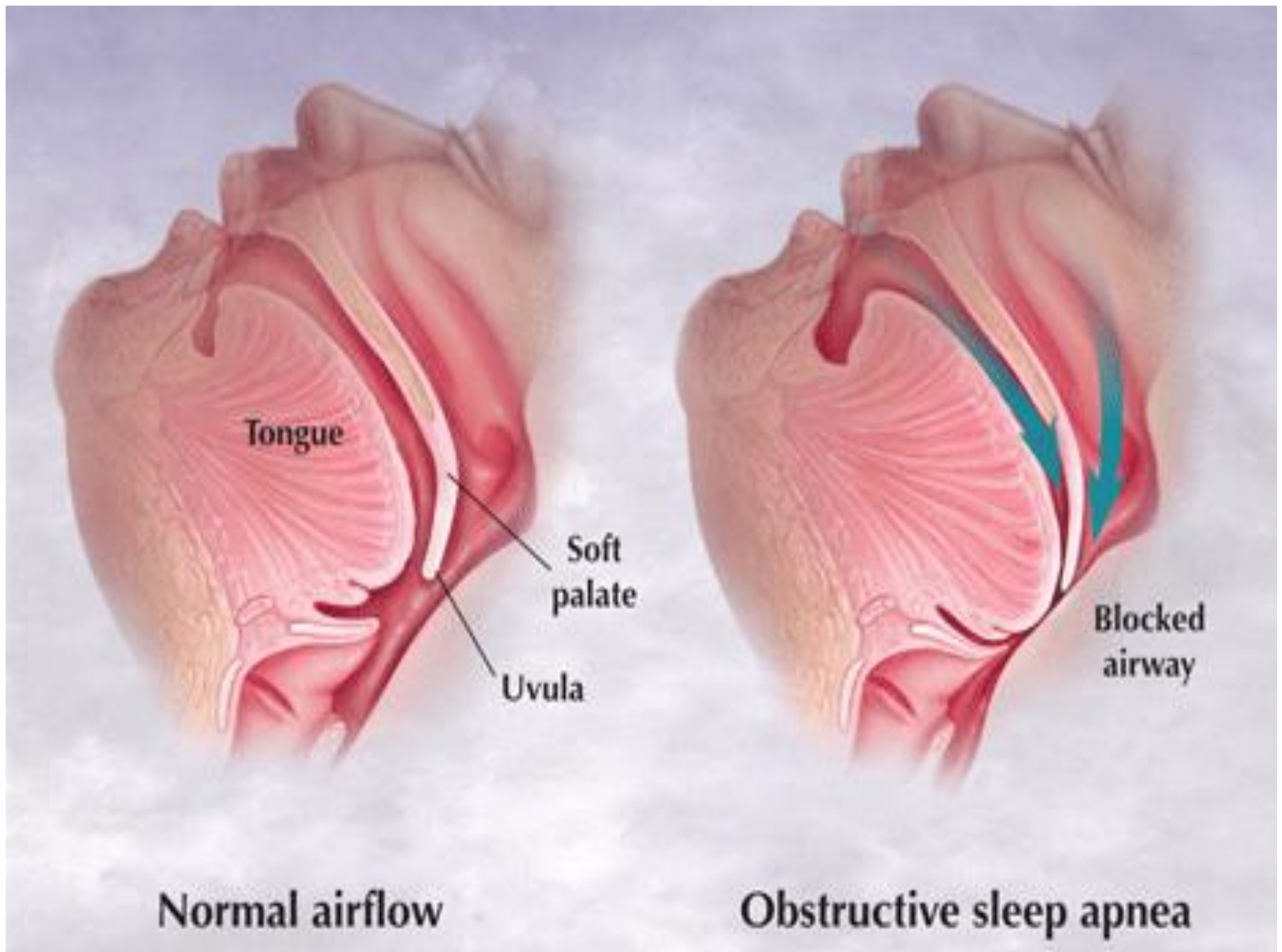


Obstructive sleep apnoea. Overview and novel approaches to the diagnostic workup and treatment

Associate Professor Darren Mansfield
Monash University and Monash Health
Melbourne Australia

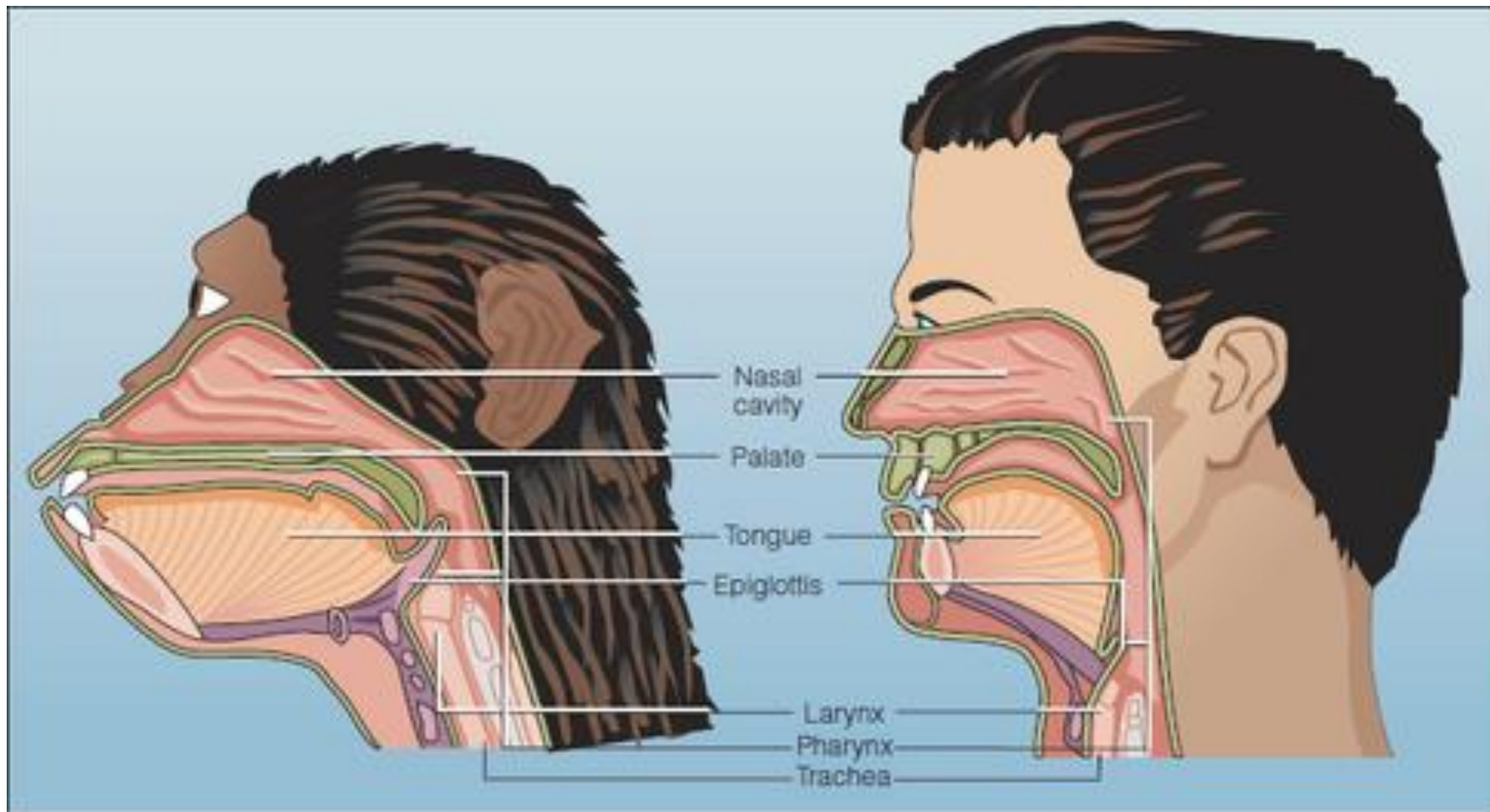


Prevalence among Western communities

- 24% adult males
- 9% adult females

Common symptoms

- Poor sleep quality
- Nocturia
- Unrefreshed sleep
- Dry throat
- Morning headache
- Daytime sleepiness
 - May not be volunteered unless asking about passive situations

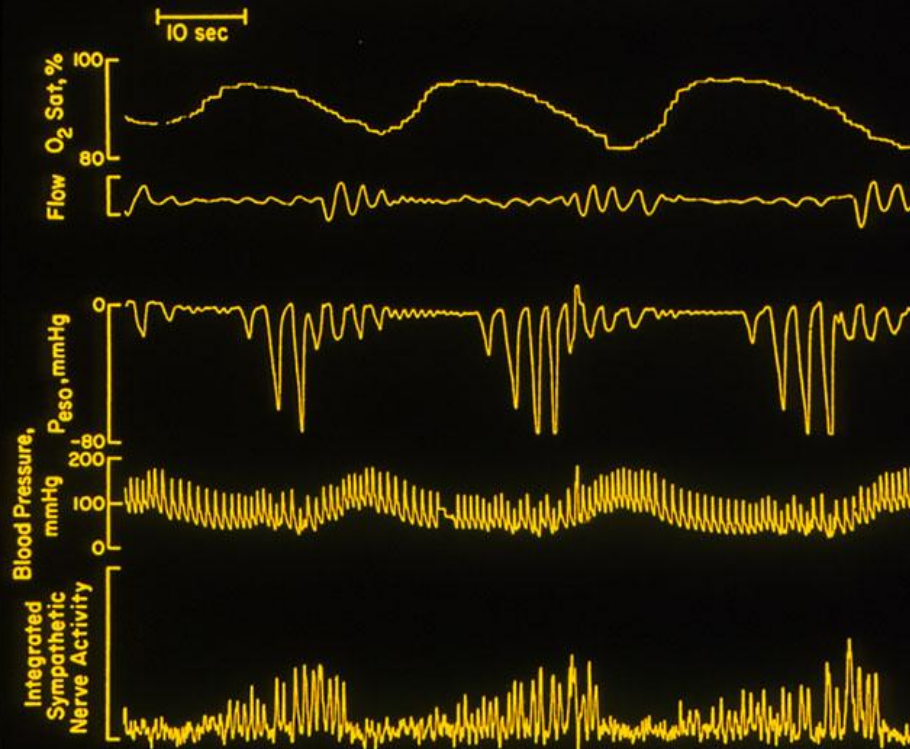




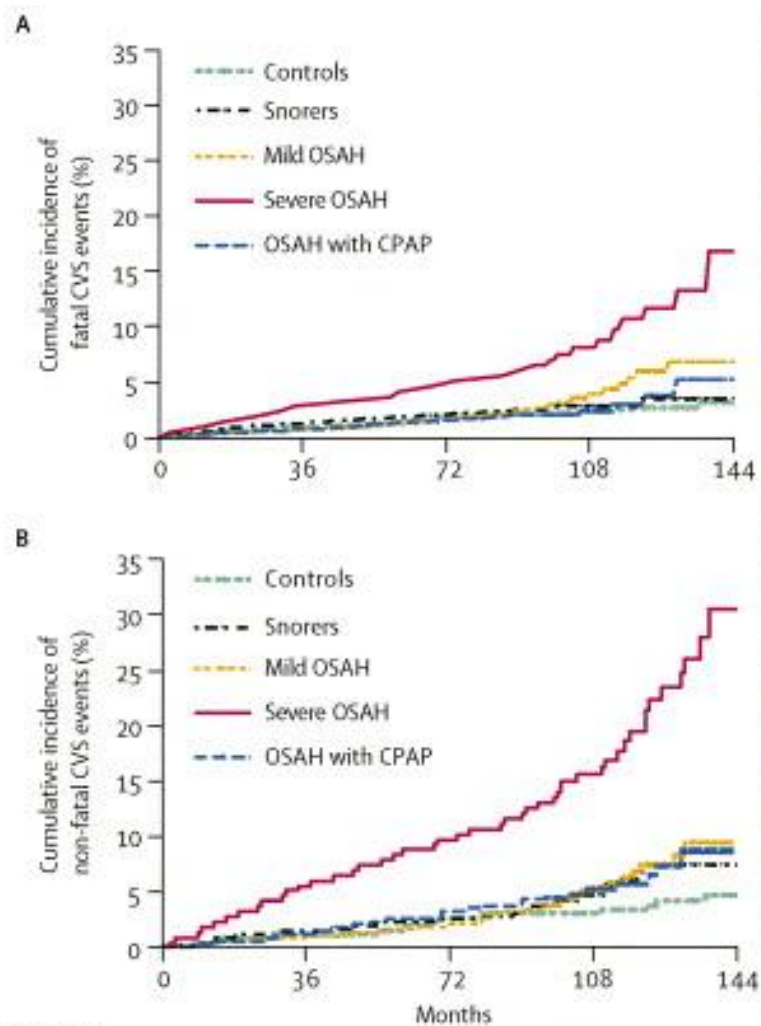


Sleepiness affects performance, accident risk, mood and quality of life

CARDIOVASCULAR CONSEQUENCES OF APNEA



Morgan B. Sleep. 1996;19:S206-209.



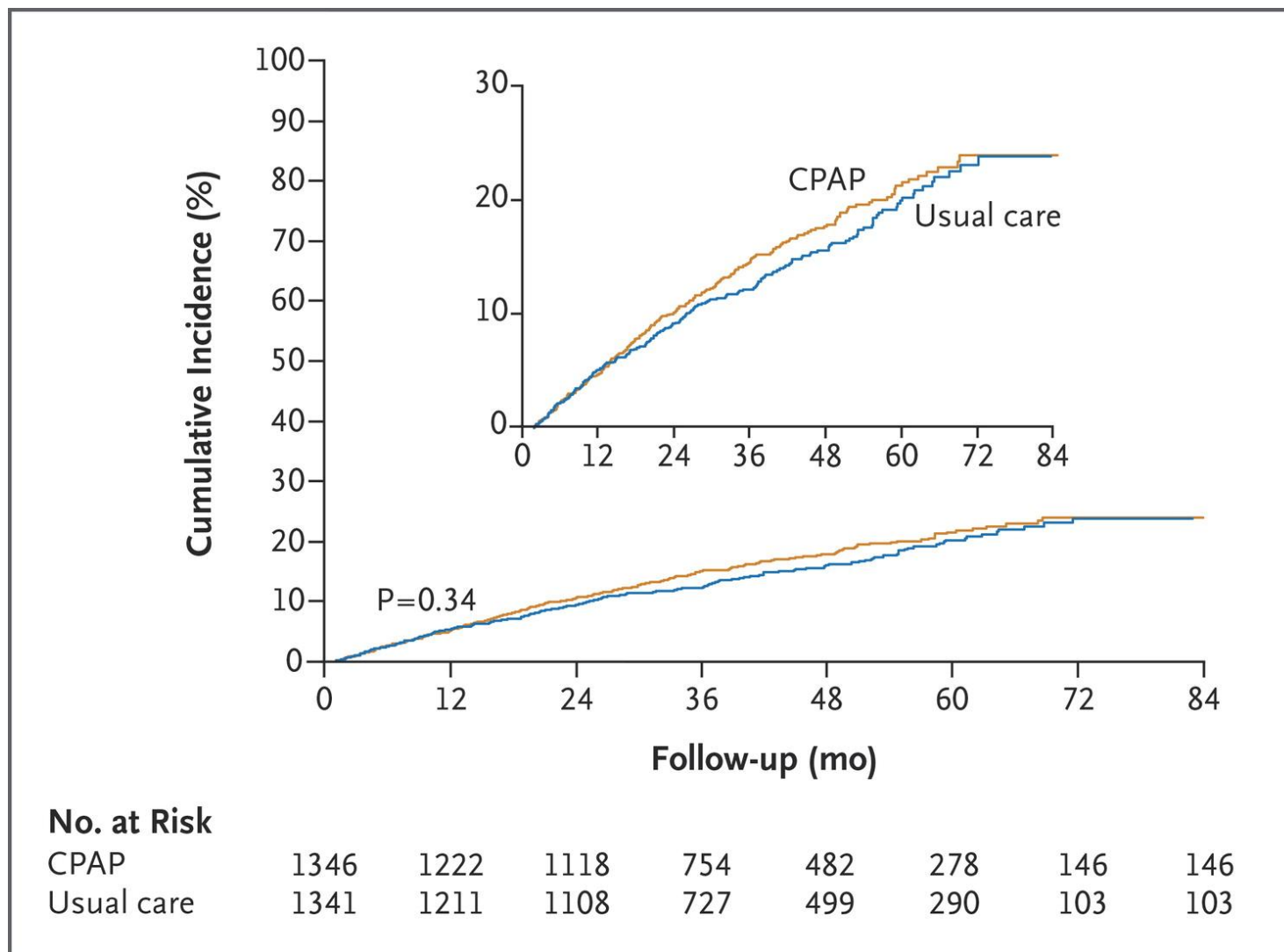
Numbers at risk

Controls	264	262	259	258
Snorers	377	372	361	232
Mild OSAH	403	401	392	264
Severe OSAH	235	229	221	167
OSAHS with CPAP	372	364	361	229

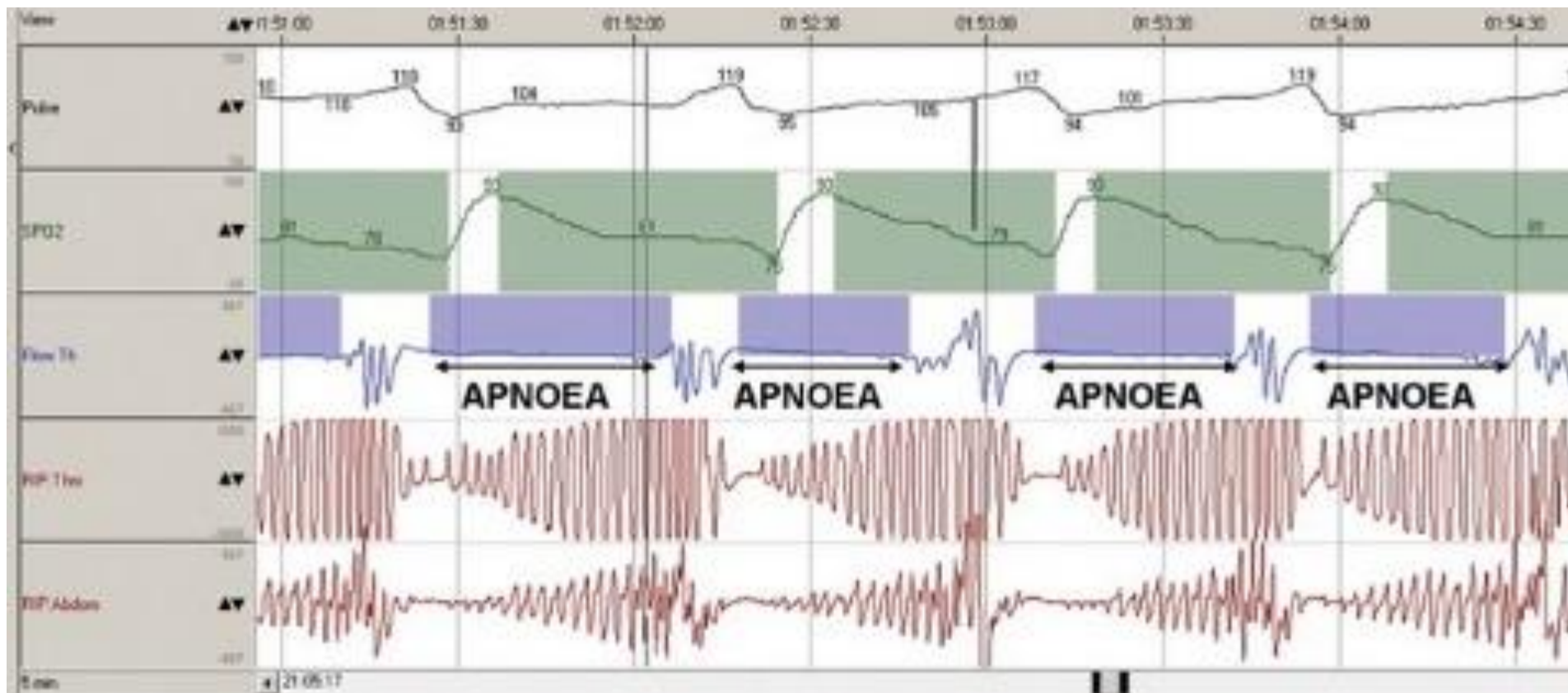
Affect of sleep apnoea on hypertension

Systematic review of randomised controlled trials
Improves BP by approx 2mmHg

More pronounced in more severe sleep apnoea
and more difficult to manage hypertension

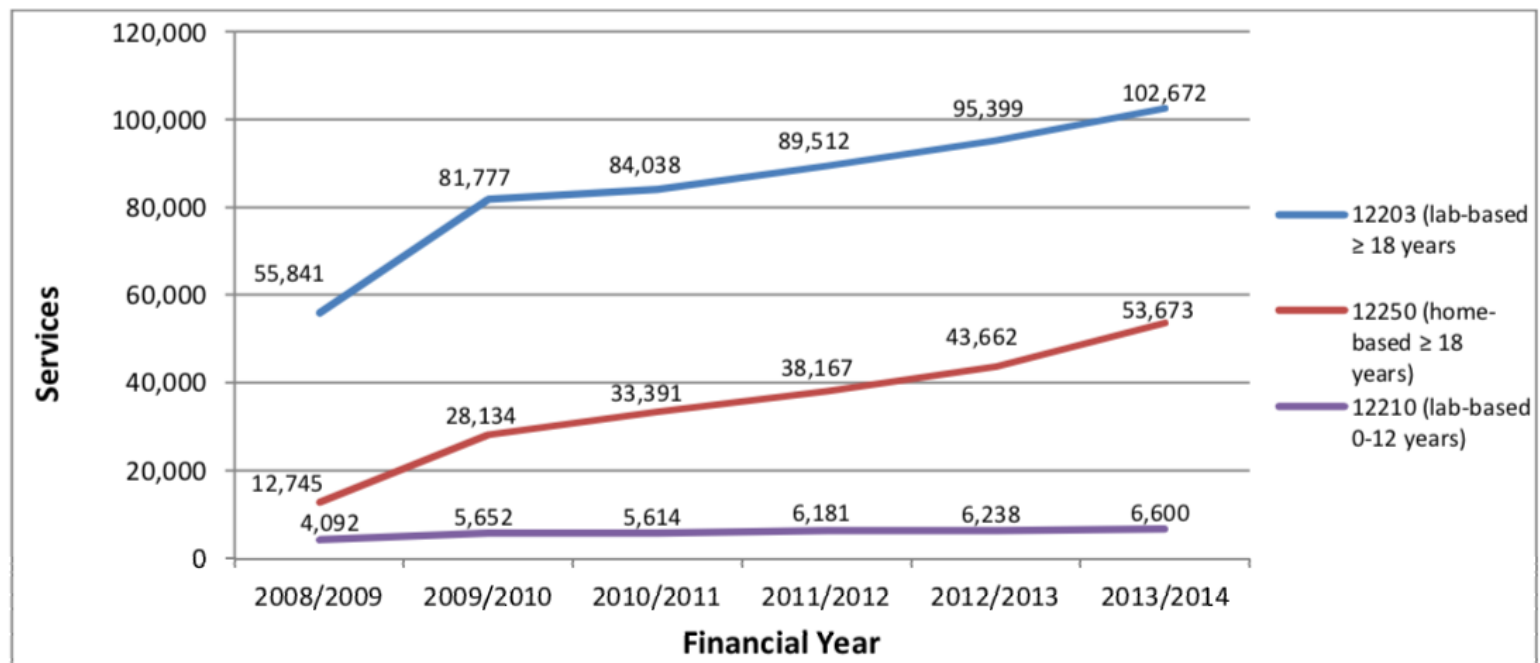






Done

MBS Report -Thoracic.pdf



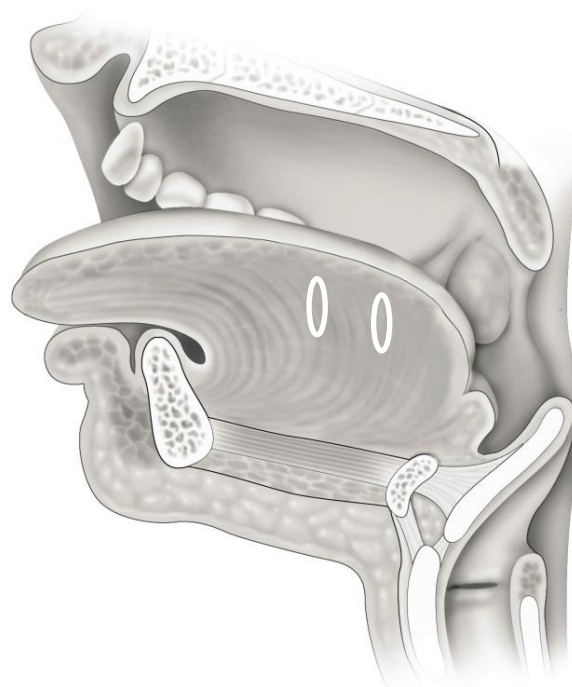
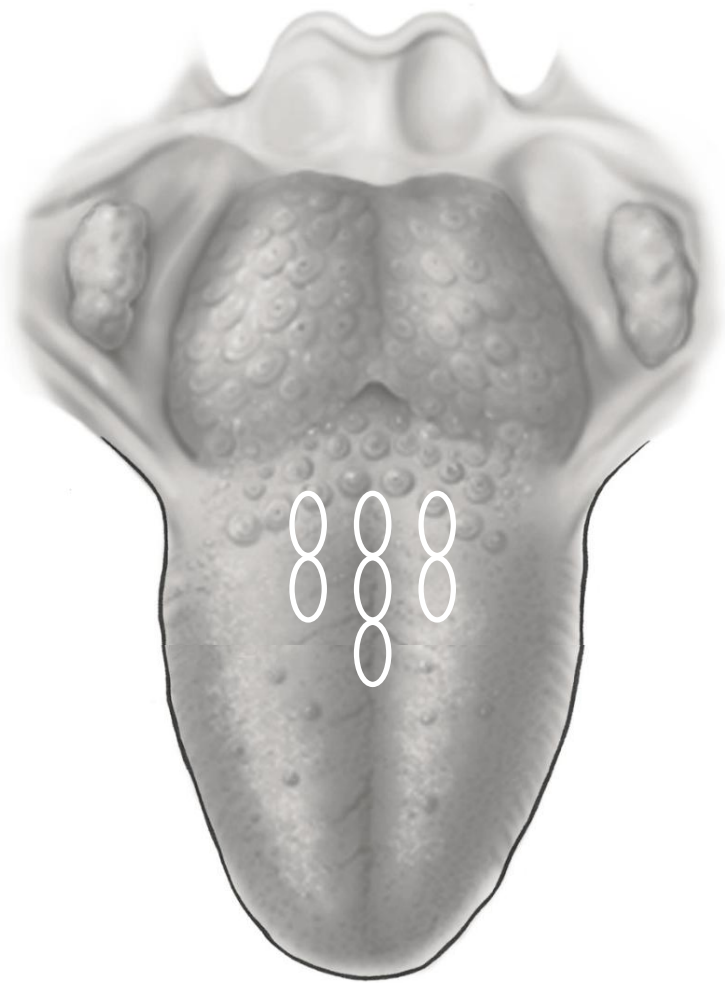




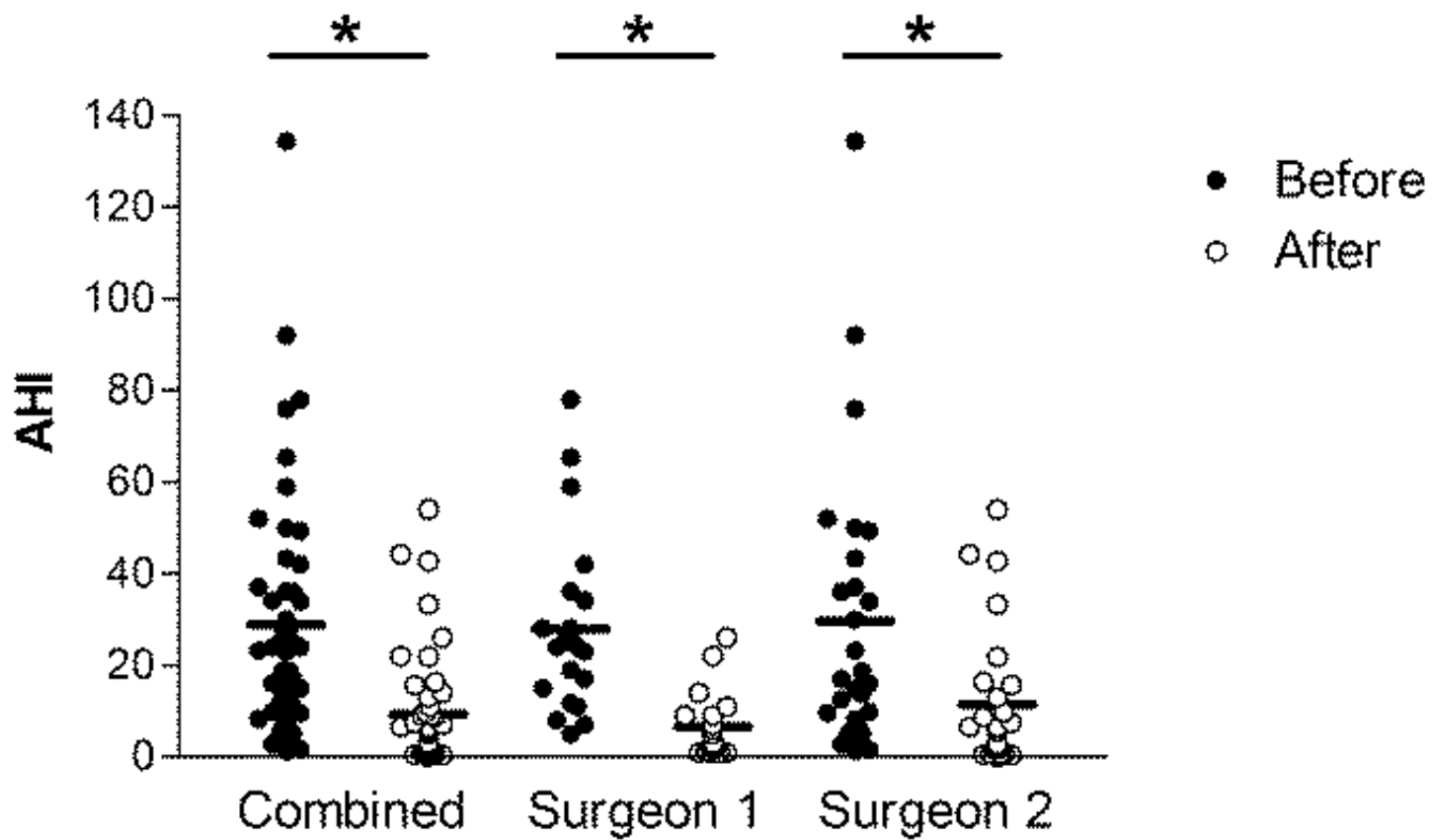
Surgery

Huge tonsils



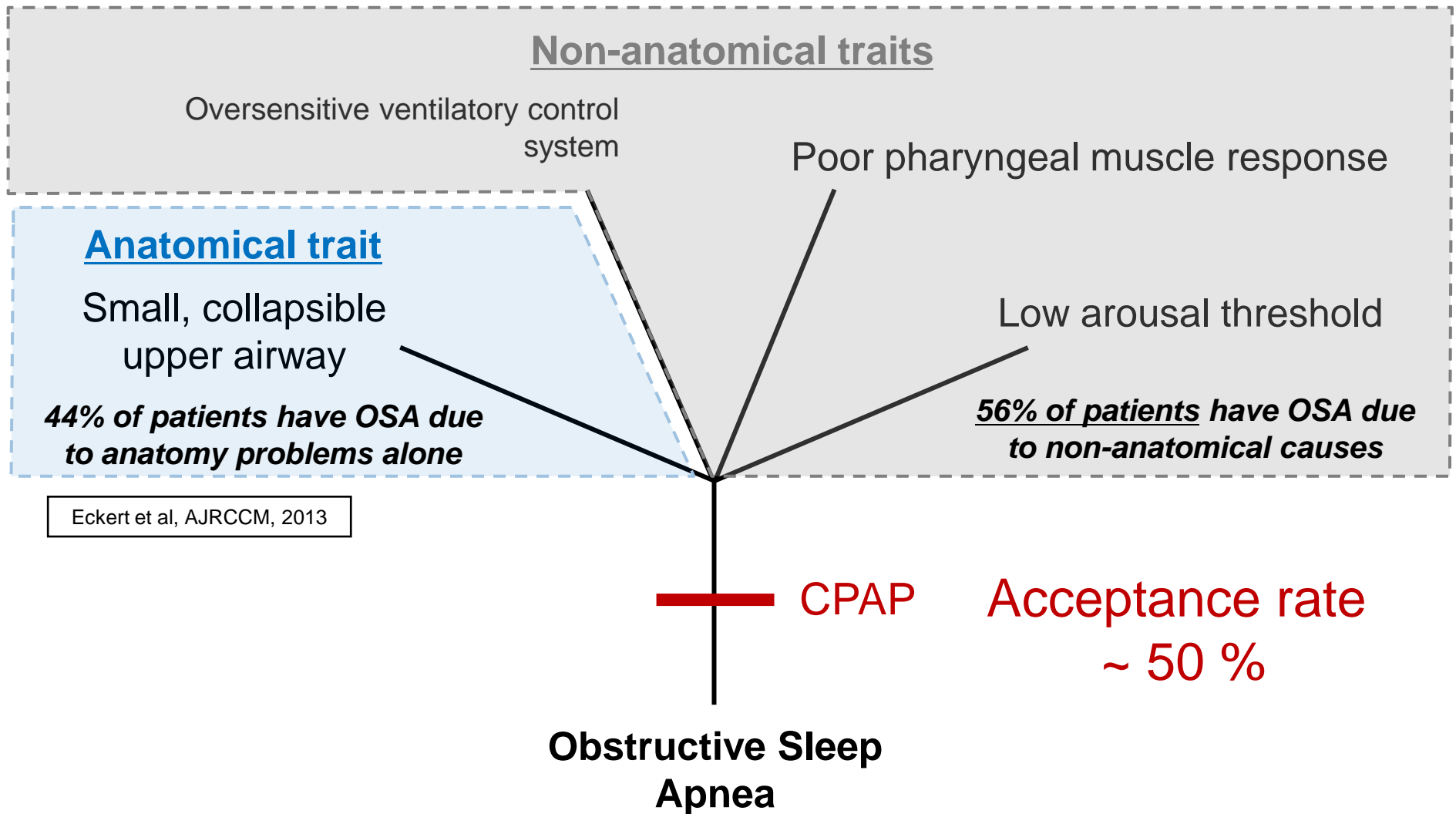


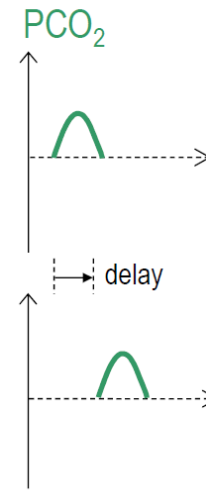
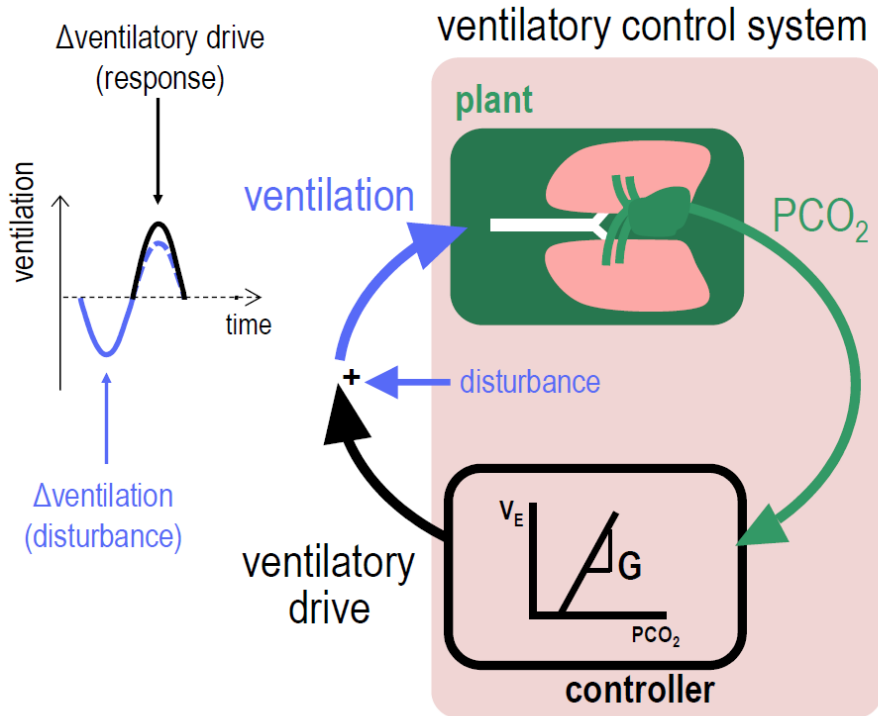
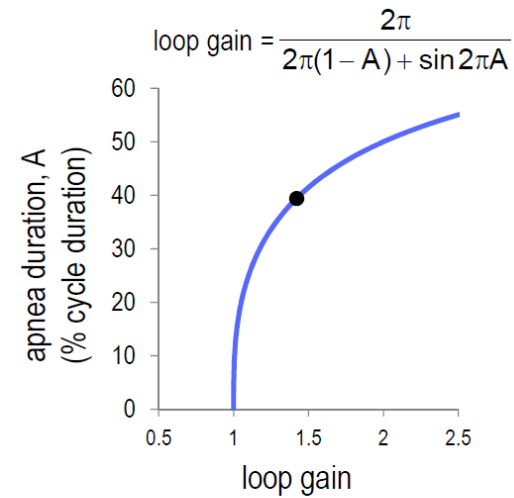
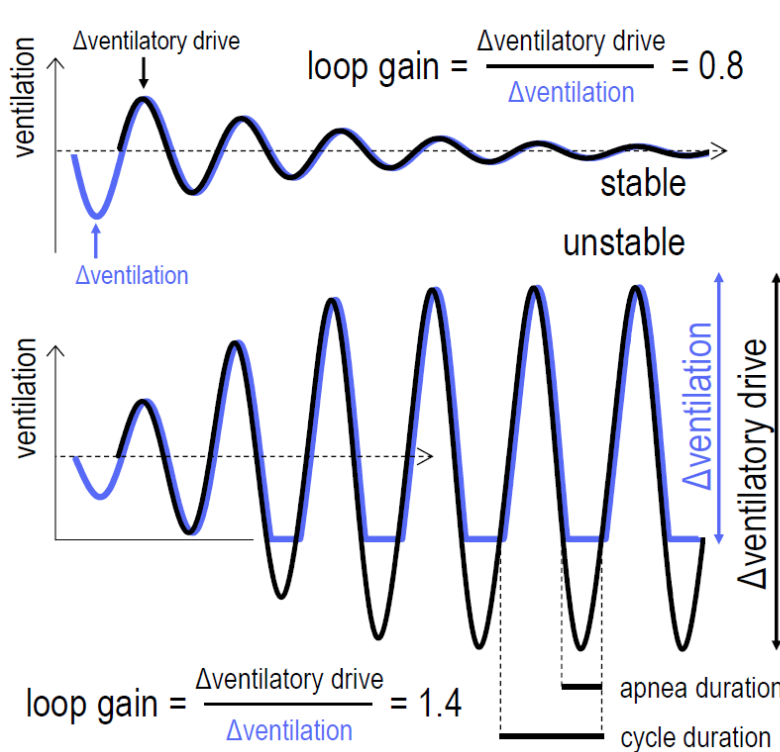
SG. MacKay et al
J Clin Sleep Medicine
Feb 2013

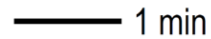


SG. MacKay et al
J Clin Sleep Medicine
Feb 2013

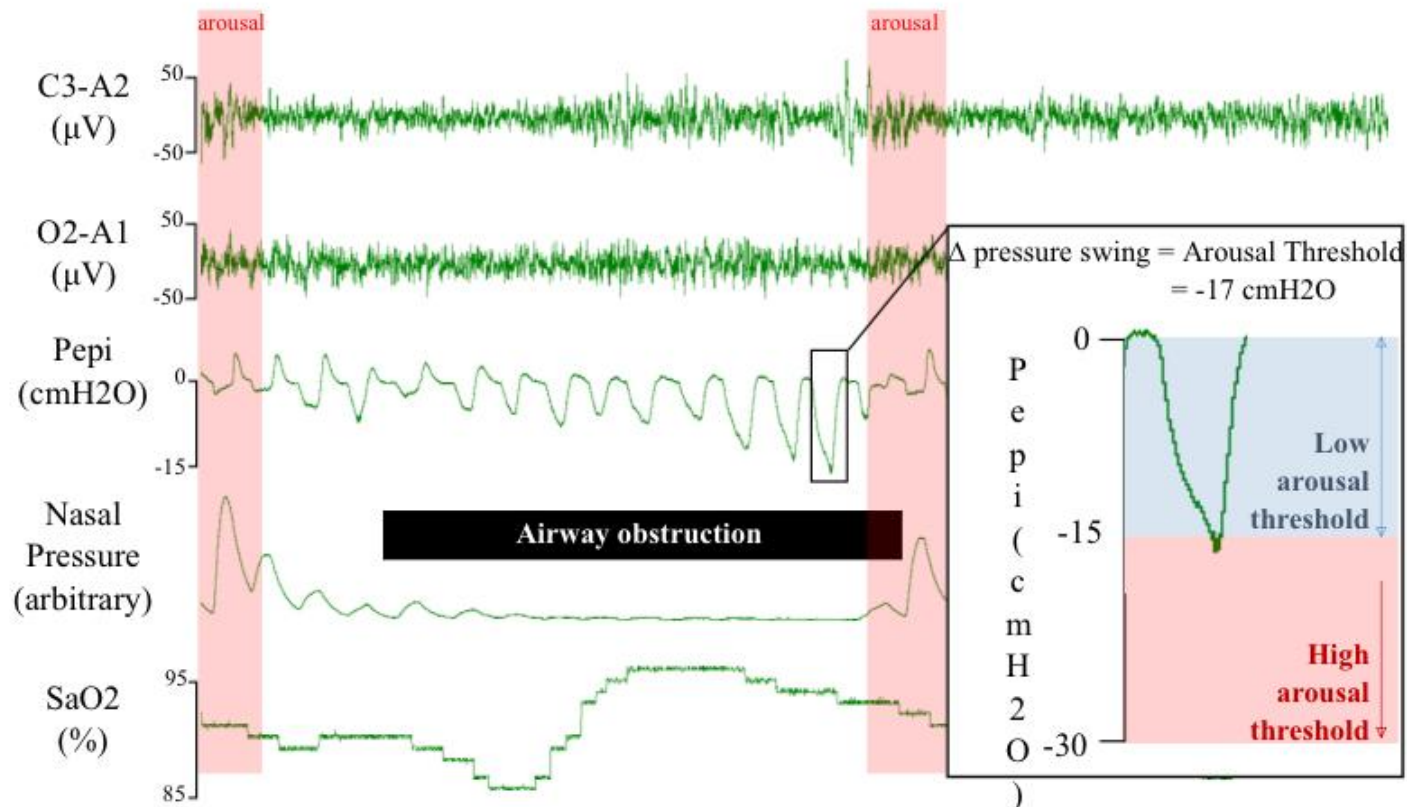
Phenotypic Traits Causing OSA



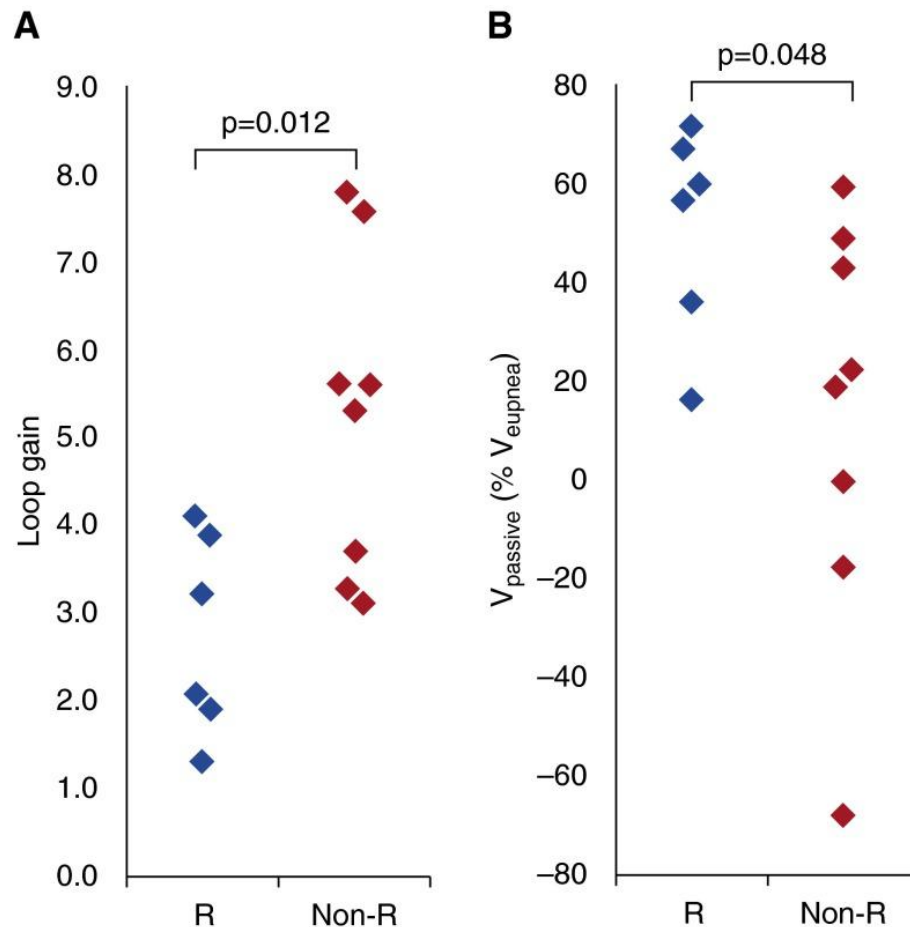
A**B**

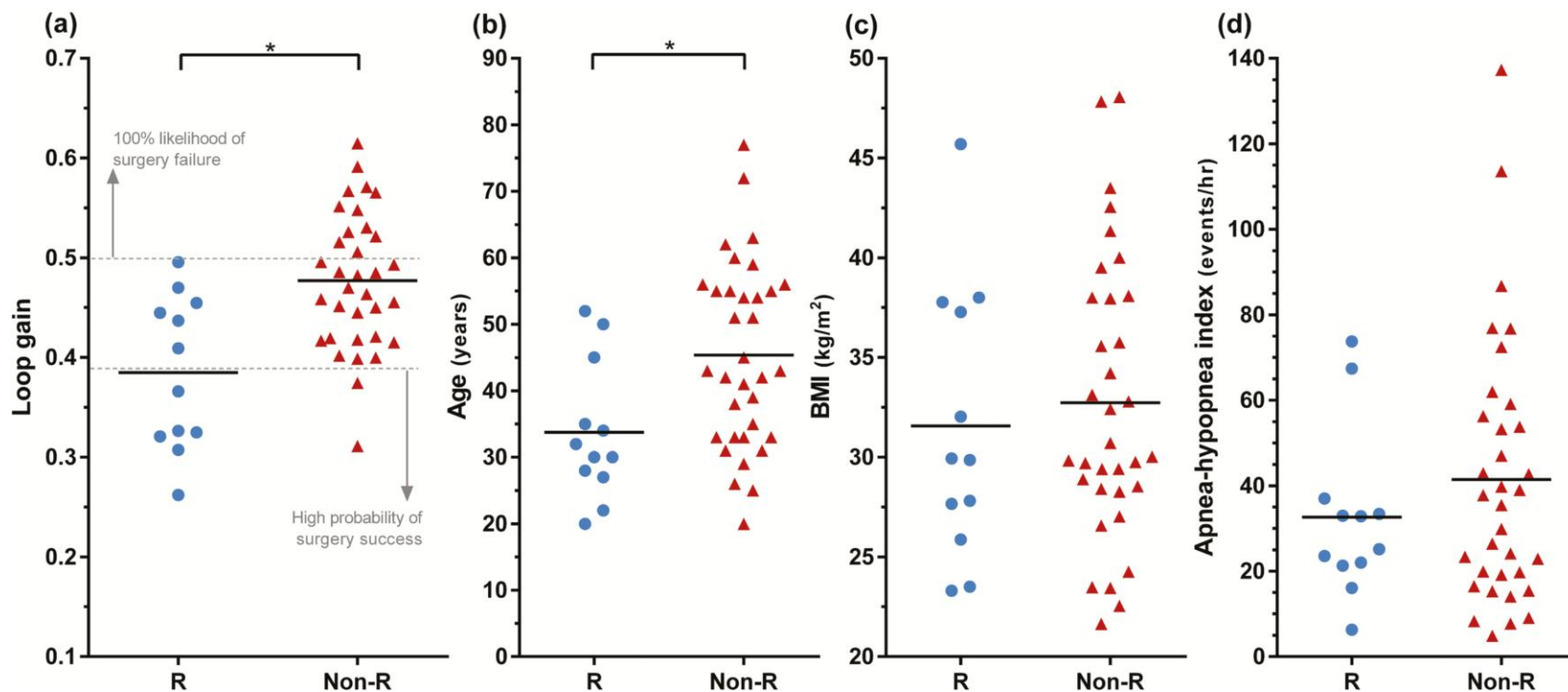


Measuring the arousal threshold



Loop gain as a predictor for success with a mandibular advancement splint





From: Loop Gain Predicts the Response to Upper Airway Surgery in Patients With Obstructive Sleep Apnea
 Sleep. 2017;40(7). doi:10.1093/sleep/zsx094

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Conclusion

Sleep apnoea is known to affect:

- Sleepiness and neurocognition

- Mood

- Hypertension where the benefits of treatment are confined to more severe refractory hypertension and more severe sleep apnoea

Long term improvements in cardiovascular risk are not clear

Newer approaches may have greater success as better predictive tools emerge

