

P6 MOST COMMON SYMPTOMS FOR DIAGNOSING OBSTRUCTIVE SLEEP APNEA

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Introduction: Obstructive sleep apnea (OSA) is characterized by a number of symptoms that sometimes the patient is not aware of them.

Objective: The aim of this study is to determine the symptoms due to which the patient appears at the sleep department at Clinic of Pulmonology.

Methods: The study was prospective and was performed at the Clinic of Pulmonology-Skopje. The study included 277 patients who come with suspicion of OSA. The patients were taken history of the OSA, after which the patients were made polysomnography. All patients with apnea-hypopnea index (AHI) over 5 were diagnosed as OSA.

Results: There were 24 symptoms identified that lead the patients to visit doctor. The most common symptom was snoring which occurs in 86% of patients. Followed by a feeling of under sleeping 68% and daytime sleepiness 63%. 160 patients were diagnosed as OSA and according to severity of AHI, were divided into three groups. The number of patients with mild OSA ($AHI > 5 < 15$) were 26 (16%), with moderate OSA ($AHI > 15 < 30$) were 14 (9%), and with severe OSA ($AHI > 30$) were 120 (75%). Snoring was the leading symptom in mild OSA, which reduced as severity of disease was increasing. While the results with symptom of witnessed apnea and daytime sleepiness were opposite. In group of 97 patients with $AHI < 5$, most common symptom was with 48.5%, followed by abrupt awakening from sleep with 20.6%.

Conclusion: Patients who have symptoms such as snoring, witnessed apnea and daytime sleepiness, are likely to suffer from the OSA. Patients who have symptoms of snoring, abrupt awakening from sleep due to suffocation and complain that they cannot fall asleep, it is likely not to have OSA.

Keywords: primary symptom, snoring, witnessed apnea.