

## 27. SCREENING FOR OBSTRUCTIVE SLEEP APNEA AS A STROKE RISK FACTOR WITH BERLIN QUESTIONNAIRE

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**Introduction:** Stroke is a frequent disease and a leading cause of death. Several modifiable risk factors have been defined in stroke. However, these traditional risk factors do not fully explain the occurrence of stroke in many cases and new risk factors have been proposed. In this sense, obstructive sleep apnea (OSA) is emerging as an important risk factor. Sleep apnea is a type of sleep-related breathing disorder (the most common type is obstructive sleep apnea). Epidemiological, longitudinal and therapeutic studies have produced convincing evidence that OSA is associated with an increased risk of stroke. OSA is common among patients with transient ischaemic attack and stroke with a prevalence of >50%. OSA independently increased the risk of stroke by 1.6 to 4.3-fold. As sleep apnea screening methods, Berlin and Epworth questionnaires are subjective, but they do provide information regarding symptoms and behaviors. As individual screening methods they may have limited predictability but combined with body mass index and neck circumference measurements may provide therapists with the tools to screen for sleep apnea in a variety of settings and with a variety of diagnoses. The objective of our study was to determine the prevalence of OSA as risk factor in stroke patients.

**Methodes and results:** 1 year prospectively studied 446 ischemic stroke patients with Berlin sleep apnea screening questionnaire. Obstructive sleep apnea was present in 65% (n=290), men 80% (n=232), women 20% (n=58). On stratifying risk of obstructive sleep apnea in these patients based on the Berlin questionnaire, 71% (n=206) belonged to the high-risk group and 29% (n=84) belonged to the low-risk group.

**Conclusions:** Patients who experience stroke have a high prevalence of OSA, male gender is more appeared than female. Further studies are required to determine the impact of treating OSA on the risk of recurrent stroke.