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ASSOCIATION OF OBSTRUCTIVE SLEEP APNEA AND SMOKING

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Obstructive sleep apnea (OSA) describes the situation when the patients are pauses in breathing or infrequent breathing during sleep and is usually associated with a reduction in blood oxygen saturation. In recent decades, sleep quality has decreased significantly. Large segments of the population suffer at least occasionally from sleep disorders such as, difficulty falling asleep, staying asleep, disturbing sleep patterns. Obstructive sleep apnea is a common disorder, also known as sleep apnea-hypopnea. It is recognized as an important cause of medical morbidity and motility, and it's associated with a wide range of significant medical sequelae, including metabolic disease, cardiovascular disease and arterial hypertension. Smoking is a significant issue worldwide, and it can be considered as one of the public health problem. It is now by far the largest preventable cause of death in the industrialized world. Cigarette smoking has been associated with a high prevalence of sleep-related complaints. A controlled study showed that the prevalence of current smokers among patients with an apnea-hypopnea index (AHI) greater than 10 was higher compared with normal controls. It may be necessary to consider smoking, the risk factor par excellence for most respiratory disorders. The present study was planned to assess the potential role of smoking in OSA. We investigated if smokers are at a higher risk of having sleep disorders in order to assist doctors to guide the patients more specifically about the role of smoking and future benefits.

Biography

Saad Aljuhayyim has been graduated from College of Medicine, Prince Sattam Bin Abdulaziz University, 2016 as Medical Doctor. Presently he has been working at the King Khaled Hospital as intern in General Surgery department.

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