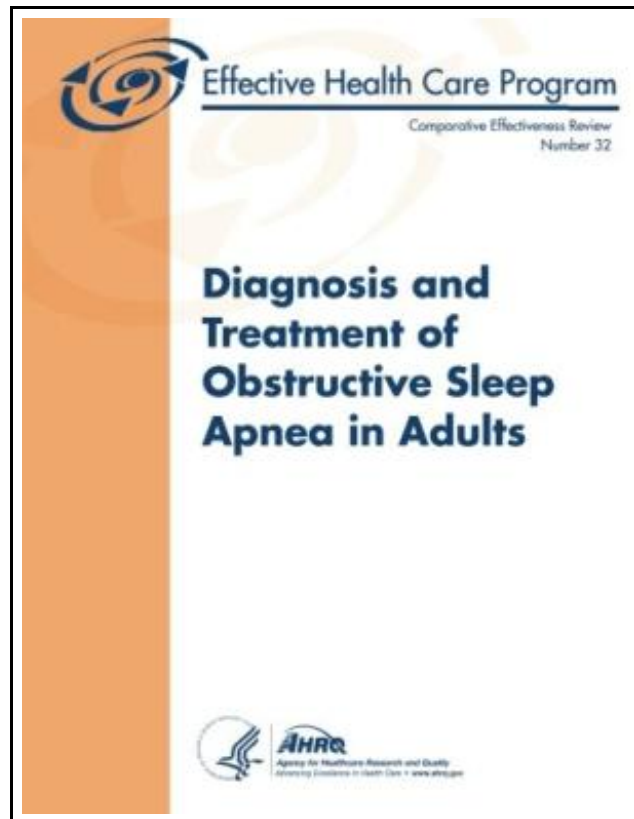


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## DIAGNOSIS AND TREATMENT OF OBSTRUCTIVE SLEEP APNEA IN ADULTS: COMPARATIVE EFFECTIVENESS REVIEW NUMBER 32 (PAPERBACK)


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Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Obstructive sleep apnea (OSA) is a relatively common disorder in the U.S. that affects people of all ages, but is most prevalent among the middle-aged and elderly. Affected individuals experience repeated collapse and obstruction of the upper airway during sleep, which results in reduced airflow (hypopnea) or complete airflow cessation (apnea), oxygen desaturation, and arousals from sleep. Adverse clinical outcomes associated with OSA include: cardiovascular disease, hypertension, non-insulin-dependent diabetes, and increased likelihood of motor vehicle and other accidents due to daytime hypersomnolence. Studies estimate the prevalence of OSA at approximately 10 to 20 of middle-aged and older adults. Evidence also indicates that these rates are rising, likely due to increasing rates of obesity. Based on the considerable mortality and morbidity associated with it and its attendant comorbidities, OSA is an important public health issue. Complicating diagnosis and treatment, however, is the great degree of clinical uncertainty that exists regarding the condition, due in large part to inconsistencies in its definition. Ongoing debate surrounds what type and level of respiratory abnormality should be used to define the disorder as well as what is the most appropriate diagnostic method for its detection. In addition, there is no current established threshold level for the apnea-hypopnea index (AHI) that would indicate the need for treatment. By consensus, people with relatively few apnea or hypopnea events per hour (often less than 5 or less than 15) are not formally diagnosed with OSA. Also of concern are the high rates of perioperative and postoperative complications among OSA patients, as are the numbers of asymptomatic and symptomatic individuals who remain undiagnosed and untreated. Three main categories of outcomes of interest in comparative effectiveness research are...

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