

## Sleep apnea severity linked to glycated hemoglobin levels

June 18 2012



For adults without diabetes, obstructive sleep apnea severity is independently associated with impaired glucose metabolism, as measured by glycated hemoglobin levels, according to a study published online June 11 in *Diabetes Care*.

(HealthDay) -- For adults without diabetes, obstructive sleep apnea (OSA) severity is independently associated with impaired glucose metabolism, as measured by glycated hemoglobin (HbA1c) levels, according to a study published online June 11 in *Diabetes Care*.

Pascaline Priou, M.D., of LUNAM University in Angers, France, and colleagues conducted a large cross-sectional study involving 1,599 patients with OSA. HbA1c levels were measured, and patients with diabetes, use of <u>diabetes medications</u>, or HbA1c levels  $\geq$ 6.5 percent were excluded.

The researchers found that HbA1c levels increased with increasing OSA



severity, as measured by the apnea-hypopnea index (AHI), with the percent of patients with HbA1c increasing from 10.8 to 34.2 percent for those with AHI values 6.0 percent increased from 1.0 (reference) for AHI

Citation: Sleep apnea severity linked to glycated hemoglobin levels (2012, June 18) retrieved 6 May 2024 from <u>https://medicalxpress.com/news/2012-06-apnea-severity-linked-glycated-hemoglobin.html</u>

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