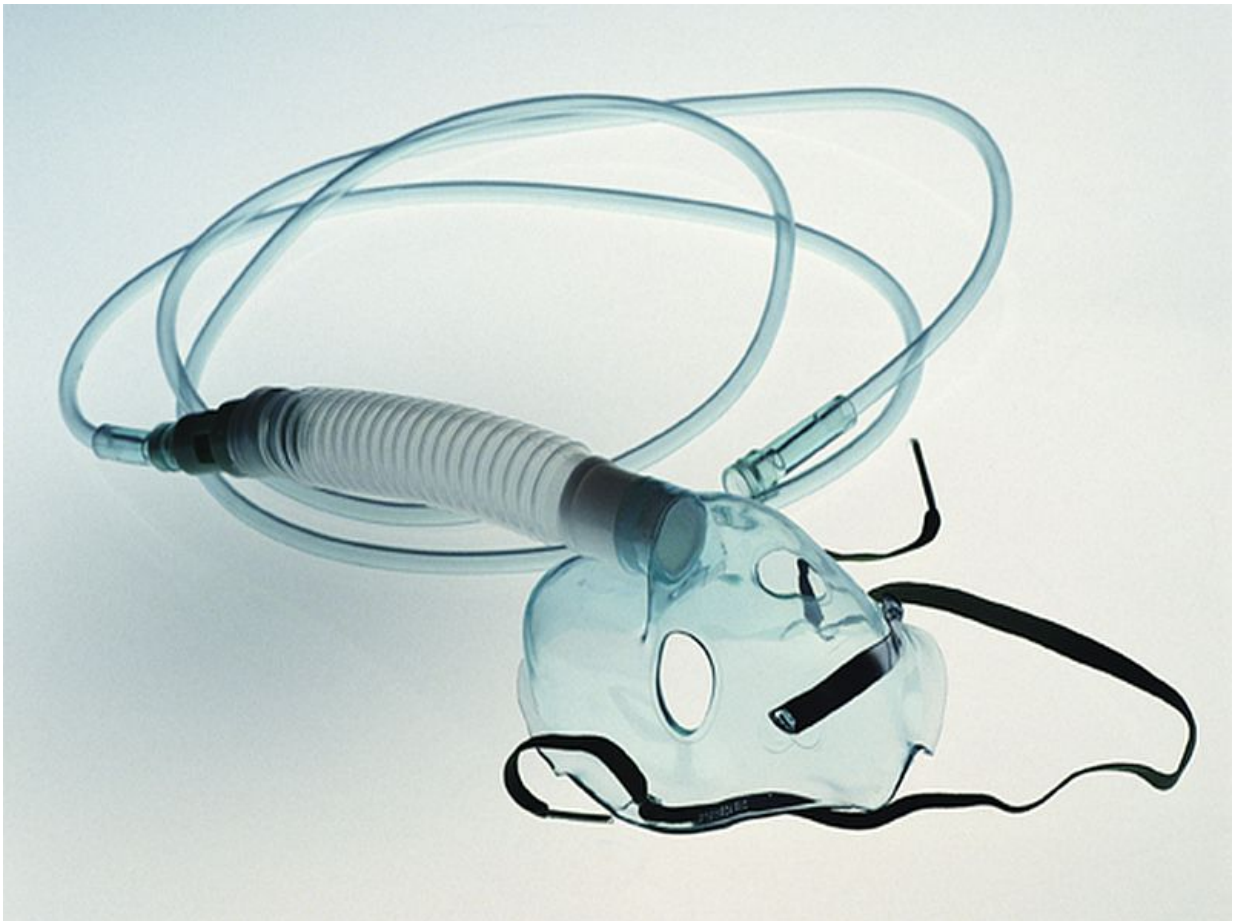


USPSTF finds evidence lacking for sleep apnea screening

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(HealthDay)—The U.S. Preventive Services Task Force (USPSTF) has

found insufficient evidence for the benefit of obstructive sleep apnea (OSA) screening in asymptomatic populations. These findings form the basis of a draft recommendation statement, published online June 14 by the USPSTF.

Daniel E. Jonas, M.D., M.P.H., from the RTI International-University of North Carolina at Chapel Hill in Research Triangle Park, and colleagues conducted a systematic review of the evidence for screening and treating asymptomatic adults or those with unrecognized symptoms for OSA. Data were included from 110 studies.

The researchers found that none of the [randomized controlled trials](#) compared screening with no screening. There was inadequate direct evidence on the benefit of screening in asymptomatic populations. No studies assessed the effect of screening on [health outcomes](#). Based on these findings, the USPSTF concluded that the evidence is currently insufficient to weigh the balance of benefits and harms of OSA screening in asymptomatic adults (I statement). The draft recommendation statement has been posted for public comment from June 14 to July 11, 2016.

"The Task Force is calling for more research on whether screening in adults without known symptoms leads to improvements in health outcomes such as heart attacks, strokes, quality of life, and mortality," Task Force member Alex H. Krist, M.D., M.P.H., said in a statement.

More information: [Evidence Review](#)
[Draft Recommendation Statement](#)
[Comment on Recommendations](#)

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