

Basal metabolic rate down after CPAP initiation in OSA

November 10 2016



(HealthDay)—For patients with obstructive sleep apnea (OSA),

treatment with continuous positive airway pressure (CPAP) is associated with a decrease in basal metabolic rate (BMR), according to a study published recently in the *American Journal of Respiratory and Critical Care Medicine*.

Noting that treating OSA with CPAP may promote weight gain, Ryo Tachikawa, M.D., Ph.D., from Kyoto University in Japan, and colleagues conducted a comprehensive assessment of energy metabolism in 63 participants with newly diagnosed OSA, CPAP initiation, and a three-month follow-up.

The researchers found that BMR decreased significantly after CPAP (P caloric intake did not change significantly). Significant predictors of Δ BMR included baseline apnea-hypopnea index, Δ urine norepinephrine, and CPAP adherence. Higher leptin levels, lower ghrelin levels, and higher eating behavior scores were seen for weight gainers versus non-weight gainers. Increased caloric intake was a significant predictor of weight gain.

"Although a reduction in BMR after CPAP predisposes to a positive energy balance, dietary intake and eating behavior had greater impacts on weight change," the authors write. "These findings highlight the importance of lifestyle modifications combined with CPAP."

More information: [Full Text \(subscription or payment may be required\)](#)

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Citation: Basal metabolic rate down after CPAP initiation in OSA (2016, November 10) retrieved 18 April 2024 from <https://medicalxpress.com/news/2016-11-basal-metabolic-cpap-osa.html>

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