

Sleep apnea in patients with T2DM ups risk for comorbidities

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IHD (95 percent CI, 1.26 to 1.90), 1.67 for HF (95 percent CI, 1.35 to 2.06), 1.57 for stroke/TIA (95 percent CI, 1.27 to 1.94), 1.10 for [peripheral vascular disease](#) (95 percent CI, 0.91 to 1.32), 1.53 for [atrial fibrillation](#) (95 percent CI, 1.28 to 1.83), 1.32 for peripheral neuropathy (95 percent CI, 1.14 to 1.51), 1.42 for diabetes-related foot disease (95 percent CI, 1.16 to 1.74), 0.99 for referable retinopathy (95 percent CI, 0.82 to 1.21), 1.18 for chronic kidney disease stage 3 to 5 (95 percent CI, 1.02 to 1.36), 1.11 for albuminuria (95 percent CI, 1.01 to 1.22), and 1.24 for all-cause mortality (95 percent CI, 1.10 to 1.40). Among patients with prevalent OSA, findings were similar.

"Patients with type 2 diabetes who develop OSA are a high-risk population, and strategies to detect OSA and prevent cardiovascular and microvascular complications should be implemented," the authors write.

(HealthDay)—Patients with type 2 diabetes who develop obstructive sleep apnea (OSA) are at higher risk for cardiovascular disease (CVD) and other diabetes-related complications, according to a study recently published in *Diabetes Care*.

Several authors disclosed financial ties to the pharmaceutical industry.

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

Nicola J. Adderley, Ph.D., M.P.H., from the University of Birmingham in the United Kingdom, and colleagues used a U.K. primary care database (Jan. 1, 2005, to Jan. 17, 2018) to identify individuals (?16 years) with type 2 diabetes. Diagnosis of OSA after diagnosis of diabetes was assessed. The analysis included 3,667 individuals with a diagnosis of OSA and 10,450 matched participants without OSA.

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The researchers found that for patients with diabetes who develop OSA versus those who do not, the adjusted hazard ratio for composite CVD ([ischemic heart disease](#) [IHD], stroke/transient ischemic attack [stroke/TIA], heart failure [HF]) was 1.54 (95 percent confidence interval [CI], 1.32 to 1.79). Other hazard ratios were as follows: 1.55 for

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