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Research News

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Title

Obstructive Sleep Apnea and Glaucoma

Summary

Obstructive sleep apnea (OSA) is a sleep disorder that affects 39 million adults in the US [1]. The prevalence of OSA in US adults between the ages of 30-70 over time has been estimated at 13% male and 5% female in 2013 [1]. Men have four times higher rates of OSA compared to women between the age groups of 30 and 49 years old [1]. Men have about 2x higher rates of OSA compared to women between the age groups of 40 and 70 years old [1]. Men have about 3x higher rates of OSA compared to women between the age groups of 30 and 70 years old [1]. It has been proposed that men have higher rates of OSA due to differences in hormones, anatomy, and metabolism [2]. It has been linked with an elevated risk of cardiovascular and cerebrovascular diseases [3]. In addition, it has been linked with an elevated risk of floppy eyelid syndrome [3, 4], retinal vein occlusion [5], and central serous chorioretinopathy [6]. However, the relationship between OSA and glaucoma is not clear. Some studies have found that OSA patients are at higher risk of developing glaucoma than control groups [7, 8]. According to a cross-sectional study conducted by Bagabas et al., the prevalence of glaucoma is 16% higher in OSA patients than in the non-OSA group [9]. However, a prospective study that was conducted by Gross et al., 2015 showed that there was no statistically significant glaucoma prevalence among OSA patients [10]. Due to the conflicting results currently available, further investigation of this association involving a larger number of patients is warranted.

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