

Síndrome Da Apneia E Hipopneia Obstrutiva Do Sono



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(Prof. Juliana Langosh DVM)

SÍNDROME DA APNEIA E HIPOPNEIA OBSTRUTIVA DO SONO

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Novas Edições Acadêmicas, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: Portuguese . Brand New Book. A SAHOS é uma doença crônica que se caracteriza por ronco e apneias que causam microdespertares e fragmentação do sono. Por este motivo, objetivou-se avaliar o impacto do uso da pressão positiva contínua pre e pós tratamento sobre sintomas depressivos e qualidade de vida em pacientes com SAHOS. Os pacientes foram submetidos a avaliação antropométrica, sonolência diurna, qualidade do sono e de vida e os sintomas depressivos. Participaram do estudo 61 pacientes, com IAH de 40,3 27,2 eventos/hora, idade média de 53,2 9,0 anos e IMC de 30,36 3,93 kg/m². O tratamento com CPAP demonstrou redução da sonolência, melhora da qualidade do sono e melhora da qualidade de vida. Os sintomas depressivos melhoraram após o uso do CPAP, os quais estavam presentes em 33 pacientes antes do tratamento e em 19 após 6 meses de seguimento. Portanto, a terapia com CPAP tem impacto positivo sobre a sonolência, qualidade do sono e melhora a qualidade de vida e os sintomas depressivos dos portadores de SAHOS.

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