



阻塞性睡眠呼吸暂停低通气综合征与高血压及瘦素的关系

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Roles of Hypertension and Serum Leptin in Obstructive Sleep Apnea Hypopnea Syndrome

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摘要

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摘要 摘要: 目的 研究阻塞性睡眠呼吸暂停低通气综合征(OSAHS)与高血压及瘦素的关系,初步探讨睡眠呼吸紊乱及瘦素在OSAHS并发高血压发病中的作用。方法 测定60例OSAHS及40例年龄、体质指数(BMI)相匹配对照组睡前及醒后血压(BP)、醒后心率(HR),血清瘦素(Lep)水平,同时测定BMI、颈围(NC)、腰臀比(WHR)、血清空腹血糖(FBG)、三酰甘油(TG)、胆固醇(Chol)、空腹真胰岛素(TI)水平。对比两组睡前、醒后BP变化;分析睡眠呼吸紊乱参数及瘦素与高血压的相关关系。结果 OSAHS组与对照组睡前血压差异无显著性($P>0.05$),但醒后血压尤其是舒张压(89.75 ± 2.04) mmHg显著高于对照组(81.63 ± 1.91) mmHg并独立于年龄和肥胖($P<0.01$);OSAHS组DBP与瘦素、呼吸暂停低通气指数(AHI)呈正相关($r=0.282$, $P<0.05$; $r=0.318$, $P<0.01$);BMI($P=0.029$)、醒后HR($P=0.030$)及瘦素($P=0.049$)可能是高血压发生的独立相关因素。结论 睡眠呼吸紊乱可能对醒后血压,尤其是醒后舒张压产生独立的效应;而BMI、醒后HR和瘦素可能是高血压的独立相关因素。

关键词: 阻塞性睡眠呼吸暂停低通气综合征 高血压 瘦素

Abstract: ABSTRACT: Objective To explore the roles of hypertension and serum leptin in obstructive sleep apnea hypopnea syndrome (OSAHS). Methods Totally 60 patients with OSAHS (OSAHS group) and 40 age- and body mass index (BMI)-matched non-OAHS individuals (non-OAHS group) were enrolled in this study. The neck circumference (NC), waist/hip rate (WHR), systolic blood pressure (SBP), diastolic blood pressure (DBP), leptin, fasting blood glucose (FBG), triglyceral (TG), cholesterol (Chol), and true insulin (TI) were measured before and after sleep. The correlations between hypertension/serum leptin level and OSAHS were analyzed. Results The blood pressure(in the morning), especially DBP was significantly higher in OSAHS group than in non-OAHS control group [(89.75 ± 2.04) mmHg vs. (81.63 ± 1.91) mmHg, $P<0.01$]. DBP in OSAHS group was positively correlated with serum leptin and apnea hypopnea index (AHI) ($r=0.282$, $P<0.05$; $r=0.318$, $P<0.01$). Logistic regression analysis showed that BMI ($P=0.029$), heart rate in the morning ($P=0.030$), and leptin ($P=0.049$) were independently correlated with the development of hypertension. Conclusions OSAHS may independantly affect blood pressure, especially DBP, after waking up. BMI, HR in the morning, and serum leptin may be the independent correlates of hypertension.

Keywords: obstructive sleep apnea hypopnea syndrome hypertension leptin

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