

Patients with venous thromboembolism have higher prevalence of obstructive sleep apnea than the general population

James Percival Bosanquet, MD

Dr. Douglas Anthony, Dissertation Supervisor

ABSTRACT

Obstructive sleep apnea (OSA) has been linked to a large number of cardiovascular diseases. However, the link between OSA and venous thromboembolic events (VTE) remains unclear. We sought to study the possible association between VTE and OSA. We retrospectively collected data on patients at the University of Missouri with objectively confirmed VTE. 840 patients were identified as having VTE and analyzed for presence/absence of co-morbidities. Of 840 patients, 130 (15.5%) were also diagnosed with OSA. Compared to the control group (no OSA), those who had OSA were more obese (83.8% versus 43.8%) and had statistically higher prevalence of diabetes, coronary artery disease (CAD), and congestive heart failure (CHF). In this VTE cohort, the prevalence of OSA (15.5%) appears to be higher than that of the general population (2-10%). Our data suggest that patients with both OSA and VTE are more likely to be obese with diagnoses of diabetes, CAD and CHF than their counterparts with VTE alone. Although OSA has been clearly linked to arterial thrombosis, this study also suggests a link between OSA and venous thrombotic disorders.