

# BÖLÜM 16

## Obstrüktif Uyku Apne Sendromu Sonuçları



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### GİRİŞ

Obstrüktif uyku apne sendromu (OSAS) vücutta çoklu organ sistemlerini etkileyen, tedavi edilmediği takdirde çeşitli hastalıklara neden olan ciddi bir sağlık sorunudur. OSAS tedavi yönetimi, uzun vadeli ve multidisipliner bir yaklaşım gerektirir.

OSAS'ın tedavi edilmediği zaman meydana gelebilecek komplikasyonlar:

1. Kardiyovasküler sonuçlar
2. Pulmoner sonuçlar
3. Nörolojik ve Psikiyatrik sonuçlar
4. Metabolik ve Endokrinolojik sonuçlar
5. Gastrointestinal sonuçlar
6. Nefrolojik sonuçlar
7. Hematolojik sonuçlar
8. Sosyoekonomik sonuçlar
9. Diğer

### 1. KARDİYOVASKÜLER SONUÇLAR

OSAS ile kardiyovasküler hastalıkların ilişkisi, OSAS'ın vasküler yapılarda aterosklerotik değişikliklere yol açan kronik inflamatuvar bir süreç meydana getirmesi ile açıklanabilir (1). OSAS vücuttaki beyaz yağ dokusunu uyararak inflamatuvar mediatörlerin üretimine yol açar, uykuda gelişen hipoksemi/hiperkapni sempatik

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