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Obstructive sleep apnea, association to neurocognitive impairment: Therapeutic strategies and priorities

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Background: Obstructive sleep apnea (OSA) refers to a fairly common, multisystem chronic disorder which results due to reoccurring partial as well as the total pharyngeal obstruction in the course of sleeping. OSA presents with typical symptoms such as excess sleepiness, involvement in vehicle accidents due to falling asleep at the wheel and some degree of systemic hypertension. There has been an indication of an indirect connection between excess daytime sleepiness and the future incidents of cognitive decline and dementia.

Aim: The primary objective of this systemic and meta-analysis review is to provide current knowledge of practicing, diagnosing and treating patients with OSA and associated neurocognitive deficit disorders.

Methodology: Using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) methodology, outlined search strategy allowed for the retrieval of a total of 312 articles following the removal of duplicates from various sources. The identified results were then reviewed by a single independent researcher. From the 312 articles obtained, only 24 studies were relevant to the topic of review. Article relevance was found after looking at the title of the article and reading their abstracts. After a full-text review, 15 of the 24 relevant articles were found have a direct association with the main aims of this review and accordingly, these 09 articles were used to extract qualitative data and summarize the findings.

Results: This review shows that there is a definite association between OSA and associated neurocognitive deficit disorders due to the pathophysiological changes caused by OSA.

Conclusion: The evidence from this review underlines the importance of early identification of cognitive decline (using neuroimaging and other tests), definite diagnosis and subsequent proper choice of treatment and management options (in accordance with the associated comorbidities presented by the patient) so as to lower morbidity and mortality rates.

Biography

Ali Mahmood Khan is a Medical graduate from Pakistan and he has published numerous papers and presented in national and international forums. He has recently joined Dr Tariq clinic in New York. His interests are in community and adult psychiatry and psychopharmacology.

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