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Effectiveness Of An Interdisciplinary Weight Loss And Lifestyle Intervention On Obstructive Sleep Apnea Severity In Postmenopausal Women: Preliminary Results From The INTERAPNEA-PW Study

Trastornos Respiratorios

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Introducción

Obstructive sleep apnea (OSA) is a common and significant public health issue that affects a substantial portion of the adult population, with increased prevalence in postmenopausal women. OSA is often linked to various cardiometabolic comorbidities and poor quality of life. While CPAP is the standard treatment, adherence to this intervention remains a significant challenge. Recent studies suggest that weight loss and lifestyle interventions could be an effective alternative, yet limited research exists on their impact specifically in postmenopausal women.

Objetivos

The main objective of the INTERAPNEA-PW study is to evaluate the impact of an 8-week interdisciplinary weight loss and lifestyle intervention on the severity of OSA in postmenopausal women with overweight or obesity. Secondary objectives include assessing changes in cardiovascular risk factors, body composition, and quality of life.

Material y Método

This multicenter, randomized, parallel-group, open-label study involves participants from the provinces of Seville and Granada. Participants (n=90) are randomly assigned to either the intervention group (CPAP + lifestyle intervention) or the control group (CPAP only). The intervention consists of five key components: nutritional behavior change, physical activity, sleep hygiene, and smoking and alcohol cessation. OSA severity is assessed using the apnea-hypopnea index (AHI) via home respiratory polygraphy. Additional measures include body weight, body composition, and cardiometabolic risk markers.

Resultados y conclusiones

To date, preliminary results from a pilot sample of 30 women show a significant reduction in AHI (34% decrease) and body weight (7.2% reduction) following the 8-week intervention. Notably, 90% of participants experienced complete OSA remission or a significant reduction in AHI, allowing them to discontinue CPAP use. These results suggest that the interdisciplinary approach may be effective in improving OSA severity and related health outcomes in this population. The INTERAPNEA-PW study is an innovative, multidisciplinary approach to treating OSA in postmenopausal women addressing a significant public health challenge.