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CPAP THERAPY IMPROVES HEART FUNCTION IN PATIENTS WITH SEVERE OBSTRUCTIVE SLEEP APNEA

Baltimore, MD – Obstructive sleep apnea (OSA) is a common sleep disorder affecting millions of people, roughly 4% of men and 2% of women. This disorder, in which a person stops breathing periodically during sleep, is also associated with left ventricular (LV) diastolic dysfunction. Researchers recently found a new therapy that shows promise to lessen the symptoms of this debilitating condition.

Researchers explored the effects of continuous positive airway pressure (CPAP) therapy on the underlying mechanisms involving LV diastolic dysfunction. The comprehensive assessment was conducted using diastolic stress echocardiography and two dimensional (2D) speckle tracking analysis. It demonstrated improved left ventricular diastolic function, as well as improvements in left and right ventricular strain parameters. "CPAP therapy significantly improves LV diastolic function in patients with severe OSA patients" said Darae Kim, MD.

Researchers on the study, *Effect of Continuous Positive Airway Pressure Therapy on Left Ventricular Diastolic Function in Patients with Severe Obstructive Sleep Apnea (CPAP-OASIS) assessed by Tissue Doppler, 2D Speckle Tracking and Exercise Hemodynamics: A Randomized Sham Controlled Clinical Trial*, included Darae Kim, Chi Young Shim, Sungha Park, Jong-Won Ha, Geu-Ru Hong, and Namsik Chung of Severance Cardiovascular Hospital, Yonsei University College of Medicine, Seoul, Republic of Korea; and Yang-Je Cho of Severance Hospital, Yonsei University College of Medicine, Seoul, Republic of Korea.

Dr. Kim will present a poster based on this research on Monday, June 5, 2017 during the Arthur E. Weyman Young Investigator's Award Competition at the American Society of Echocardiography 28th Annual Scientific Sessions at the Baltimore Convention Center in Baltimore, Maryland.

To schedule an interview with Dr. Kim, please contact Angie Porter.

As the largest global organization for cardiovascular ultrasound imaging, the American Society of Echocardiography (ASE) is the leader and advocate, setting practice standards and guidelines. Comprised of over 17,000 physicians, sonographers, nurses, and scientists, ASE is a strong voice providing guidance, expertise, and education to its members with a commitment to improving the practice of ultrasound and imaging of the heart and cardiovascular system for better patient outcomes. For more information about ASE and the 2017 Scientific Sessions, visit ASEcho.org or ASEScientificSessions.org.

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