A patient with obstructive sleep apnea syndrome, for whom nutritional management was effective

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Abstract

A 35-year-old man with obstructive sleep apnea syndrome (OSAS), one of the causative factors of which is obesity (body mass index (BMI): 36.2), in the outpatient clinic of Hospital A is presented here. He visited the outpatient clinic, complaining of loud snoring and excessive sleepiness in the daytime. OSAS was diagnosed on the basis of polysomnography (PSG). In parallel with continuous positive airway pressure (CPAP) therapy, the patient was educated and managed nutritionally by dieticians once a month for 18 months. As a result, he has succeeded in reducing his body weight, accompanied with a marked improvement of the symptoms and abnormal findings on PSG as OSAS. The lifestyle-related disorders, including hypertension, diabetes and dyslipidemia, from which he suffered as complications of his obesity, have also shown marked improvement in serum levels of glucose and several lipids, and blood pressure. Thus, we experienced a successful case of OSAS in terms of reduction of body weight by nutritional guidance. Tottori J. Clin. Res. 4(2), 128-134, 2011

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