Epidemiology

3.8 Consensus Document on Diagnosis and Clinical Management of Obstructive Sleep Apnoea in Hypertensive Patients

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There is considerable amount of evidence suggesting a causal link between obstructive sleep apnoea (OSA) and arterial hypertension. However this relationship remains to be firmly established yet. Full understanding of this association is fundamental to proper therapeutic management.

The evidence supporting a role of OSA in causing hypertension include the following observations: the high prevalence of essential hypertension in OSA and vice versa; the ability of OSA to acutely raise BP during night sleep (resulting in a 'non-dipping' pattern over the 24 hours); the role of OSA as an independent risk factor for hypertension; the possibility to reduce BP by treating OSA; the association between severity of OSA and the resistance of hypertension to treatment; animal models. Search strategy for identification of studies 1. Published issues will be identified from the following: (a) Cochrane Library Systematic review; (b) National Library of Medicine's MEDLINE database (from 1966); (c) Elsevier's EMBASE database (from 1980); (d) Checking Reference Lists; (e) Unpublished issues will be searched by: consulting disease-specific websites and asking investigators and experts in the field; (f) Guidelines OSAS and Hypertension Guidelines.

This document is the result of the work done by a panel of experts from different European countries participating in the European Union COST (Cooperation in Scientific and Technological research) ACTION B26 on OSA, with the endorsement of the European Respiratory Society (ERS) and the European Society of Hypertension (ESH).