

European Respiratory Society Annual Congress 2012

Abstract Number: 4803

Publication Number: 4316

Abstract Group: 4.2. Sleep and Control of Breathing

Keyword 1: Sleep disorders **Keyword 2:** Epidemiology **Keyword 3:** Public health

Title: Regional differences in characteristics of patients referred to European sleep centers. Results from the European Sleep Apnea Database (ESADA)

Dr. Tarja 29838 Saaresranta tasaare@utu.fi MD ¹, Dr. Marisa 29839 Bonsignore marisa@ibim.cnr.it MD , Dr. Ludger 29840 Grote ludger.grote@lungall.gu.se MD , Prof. Jan 29841 Hedner jan.hedner@lungall.gu.se MD , Prof. Walter 29842 McNicholas walter.mcnicholas@ucd.ie MD , Prof. Josep 29848 Montserrat jmmontserrat@ub.edu MD , Prof. Thomas 29850 Penzel thomas.penzel@charite.de , Dr. Martin 29891 Pretl mpretl@spankovaporadna.cz MD , Dr. Renata 29905 Riha rliha@hotmail.com MD , Prof. Pawel 29922 Sliwinski p.sliwinski@wp.pl MD and Prof. Jan 29963 Zielinski janziel@gmail.com MD . ¹ Dept of Pulmonary Diseases, Turku University Hospital, Turku, Finland .

Body: The ESADA contains multiple information from patients with suspected OSA at 22 European sleep centers. We analyzed regional differences in characteristics of 5,103 patients. Centers were grouped into the following regions: NORTH (Förde, NOR – Gothenburg, SWE – Turku, FIN), SOUTH (Barcelona, Cacères, Lleida, ESP – Milan, Palermo, ITA – Haifa, ISR), EAST (Klaipeda, LTU – Kosice, SVK – Prague, CZE – Riga, LVA – Warsaw, POL), WEST (Dublin, IRL – Edinburgh, GBR) and CENTRAL (Antwerp, Brussels, BEL – Berlin, Giessen, GER – Paris, FRA). Mean age was 51.8 (12.6) years in the cohort and females were slightly older than males. The highest and lowest prevalence of obesity (BMI>30) was found in the WEST and NORTH regions, respectively. The sleep study technique varied between regions, with the NORTH reporting more than 99% cardiorespiratory polygraphy compared with only 34% in the EAST. Sleep apnea severity varied between regions and the proportion of male patients with severe sleep apnea (AHI>30) was 23% in the NORTH compared with >40% in all other regions. Less than 50% of all patients reported severe daytime sleepiness (ESS>10); the highest ESS was found in patients in the WEST, the lowest scores in men in NORTH and women from EAST centers. Sleep length was 7.0 (1.8) hrs in women and 6.8 (1.6) hrs in men, and was shorter in the SOUTH compared with all other regions. No systematic regional differences were detected in frequency of comorbidities. The data shows considerable regional differences between patients referred to European sleep centers, suggesting an influence of local referral patterns and/or phenotypic traits in Europe.