

# The Relationship Between Markers Of Disease Severity In Obstructive Sleep Apnea Patients To Hemodynamic And Respiratory Function During Graded Exercise

by

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(ABSTRACT)

Obstructive sleep apnea (OSA) is estimated to affect 2 to 4 percent of the adult population (Young T 1993, Skomro and Kryger 1999). However, an estimated 80 to 90 percent of adults with moderate to severe OSA may be clinically undiagnosed. Identification of those at risk and their subsequent diagnosis is, obviously, of great concern to clinicians. This investigation included three distinct research aims, which were the following: (1): In order to establish reliability of hemodynamic measures to be used during exercise testing, a study was conducted on the acetylene single-breath cardiac output ( $Q_c$ ) technique in 15 healthy subjects. This was completed in order to establish reliability of exercise  $Q_c$  and total peripheral resistance (TPR), these responses could then be investigated acutely in the context of evaluating the relation of these measures to markers of disease in OSA patients. (2): The primary research aim was to describe the extent to which graded exercise testing may reveal abnormalities in hemodynamic function in obstructive sleep apnea (OSA) patients, particularly with respect to cardiac output ( $Q_c$ ), mean arterial pressure (MAP), and TPR that may be related to polysomnography (PSG) markers of OSA severity. Cardiorespiratory and hemodynamic responses that were evaluated included the following: peak oxygen consumption ( $VO_{2pk}$ ), end-tidal carbon dioxide production ( $P_{ET}CO_2$ ), end-tidal oxygen pressure

( $P_{ET}O_2$ ), heart rate (HR), blood pressure (systolic = SBP and diastolic = DBP), rate pressure product (RPP), TPR and its derivatives including MAP and  $Q_c$ , in OSA patients. A global biochemical marker of vascular function, 24-hour urinary nitrite/nitrate elimination was also determined for each patient. (3): The last aim was included in order to provide qualitative information concerning treatment, subjective sleep and daytime function, and physical activity levels of the OSA patients in this investigation as well as to give insights into the special challenges and potential for doing trials involving nCPAP and physical exercise training with OSA patients. Results from this study can be used to improve clinical evaluation procedures as well as to better understand underlying mechanisms relative to the link between cardiovascular disease and OSA.

## DEDICATION

This dissertation is dedicated to my mother and father, Nancy J. Blevins and Roy K. Blevins. Words cannot describe the undying gratitude I have for them. Not many of us have people who we know that no matter what the circumstances, their love, caring, support, laughter, and trust are always there. They have taught me so much in 30 years. Thank you. I love you both very much.

## ACKNOWLEDGEMENTS

A lot of work and support from many people goes into making sure a dissertation is completed. Much of the credit for the success of this project should be given to the committee chair, Dr. William G. Herbert. His devotion to clinical research in human pathophysiology

Special thanks to the rest of the dissertation committee. Dr. Don Zedalis should be highly commended for his collaborative efforts with Virginia Tech and his unyielding support for clinical exercise physiology research at the Allergy and Sleep Disorders Network in Christiansburg, VA. Special thanks also should be given to Dr. John Gregg for initiating much of the research with regard to obstructive sleep apnea in the New River Valley.

I thank Dr. Lawrence Cross for his instruction and advisement in statistics and research design and for his willingness to offer expert advise in many research projects over the past four years, and for his support. I thank Dr. Ron Bos for his I thank Dr. Richard Lock for his enthusiastic approach to clinical advisement and instruction.

A special thank you to Howard Ballentine for his assistance with data collection and for always listening. I thank Ali Arner, Tony Kaleth, and Tom Chittenden for their assistance in completing the ResMed project.

To Curtis Carter, thank you for enduring this with me and for having faith in me no matter what. I couldn't have done it without you.

To Stephanie Herbert, my friend, my "sister", I am so glad you came into my life. Thank you for always listening.

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