

# Sleep apnea severity linked to glycated hemoglobin levels

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For adults without diabetes, obstructive sleep apnea severity is independently associated with impaired glucose metabolism, as measured by glycated hemoglobin levels, according to a study published online June 11 in *Diabetes Care*.

(HealthDay) -- For adults without diabetes, obstructive sleep apnea (OSA) severity is independently associated with impaired glucose metabolism, as measured by glycated hemoglobin (HbA1c) levels, according to a study published online June 11 in *Diabetes Care*.

Pascaline Priou, M.D., of LUNAM University in Angers, France, and colleagues conducted a large cross-sectional study involving 1,599 patients with OSA. HbA1c levels were measured, and patients with diabetes, use of [diabetes medications](#), or HbA1c levels  $\geq 6.5$  percent were excluded.

The researchers found that [HbA1c levels](#) increased with increasing OSA severity, as measured by the apnea-hypopnea index (AHI), with the percent of patients with HbA1c increasing from 10.8 to 34.2 percent for those with AHI values  $\geq 6.0$  percent increased from 1.0 (reference) for AHI

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