

## Media Coverage

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### 'Five per cent women get OSA after menopause'

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*Pulmonologist Vivek Nangia says Continuous Positive Airway Pressure (CPAP) is the best treatment*

Menopause causes sleep disturbances in women and it even leads to Obstructive Sleep Apnoea (OSA) in some. Over five per cent of the women develop sleep apnoea after menopause. International study

In an international study of women of different age groups, the prevalence of OSA in pre-menopausal women stood at 0.6 per cent and 5.5 per cent in post-menopausal women. OSA was as low as 1.1 per cent in post-menopausal women who underwent hormone replacement therapy.

Noted pulmonologist Vivek Nangia said that menopause had emerged as a risk factor for women who developed OSA.

But Hormone Replacement Therapy to cure them of OSA was still in the experimental stage. Continuous Positive Airway Pressure (CPAP) continued to be the best treatment for OSA even caused by menopause, he said.

Menopause is a time of major hormonal, physical and psychological change for women, although menopausal symptoms vary from woman to woman. Sleep disturbances become more common during menopause.

### Hot flushes

Women wake up more often at night and are tired during the day.

Hot flushes and night sweats linked to lower levels of oestrogen may contribute to these problems.

Prior to hot flushes, body temperature rises accompanied by awakening. Hot flushes last for an average of 3 years.

Most women experience it for about a year but 25 per cent of women have hot flashes for around 5 years.

After menopause, women get less deep sleep and are more likely to awaken at night than during menopause.

As much as 61 per cent of the post-menopausal women report insomnia symptoms, according to studies.

Other symptoms of menopausal OSA are loud snoring, pauses in breathing, choking out of sleep, dry mouth at night, grinding or clenching of teeth and frequent urination at night

The reasons for menopause increasing sleep apnoea are found to be drop in the levels of oestrogen and progesterone which protect airways from collapsing.

Although sleep apnoea is often thought of as a man's condition, women's risk of having sleep apnoea increases after menopause.

<http://www.thehindu.com/news/national/andhra-pradesh/five-per-cent-women-get-osa-after-menopause/article7300932.ece>