

EXERCISE CAPACITY IN PATIENTS WITH OBSTRUCTIVE SLEEP APNEA SYNDROME

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The obstructive sleep apnea syndrome (OSAS) is a common disease characterized by repetitive partial or complete closure of the upper airway during sleep, despite increased respiratory effort. Cardiovascular disturbances, including arterial hypertension, ischemic heart disease and stroke are the most important complications responsible for increased morbidity and mortality. It is suggested that daytime somnolence, chronic fatigue, decreased daily activity and nocturnal hypoxemia may further impair muscle function and decrease exercise fitness. The aim of this study was to evaluate cardiopulmonary response to graded exercise in newly diagnosed OSAS patients.