

IL-6 AND CRP SERUM CONCENTRATIONS IN NON-DIABETIC OBSTRUCTIVE SLEEP APNEA PATIENTS.

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Interleukin-6 (IL-6) and C-reactive protein (CRP) are inflammatory markers discussed in early stages of atherosclerosis. Understanding the impact of obstructive sleep apnea (OSA) on CRP and IL-6 may be clinically relevant.

The aim of the study was to assess the serum concentrations of IL-6 and CRP in different stage-OSA patients.

OSA-suspected subjects without inflammatory diseases were qualified for polysomnography. Arterial blood pressure (BP), glycemia status (GLU) and lipid profile (LIP) were also measured. In 93 non-diabetic persons (CRP<8mg/l, aged 27-75), apnea/hypopnea index (AHI) was used to diagnose: OSA-0 (AHI<5), OSA-1 (AHI 5-15), OSA-2 (AHI 16-30) and OSA-3 (AHI>30). The concentrations of IL-6 and CRP were measured and analyzed using Statistica 12.0v. program.

Subjects didn't differ in age, BP, GLU and LIP results. IL-6 and CRP increased from OSA-0 to OSA-3 (p=0.0026, p=0.0101 respectively).

The positive correlations CRP&AHI and IL-6&AHI were marked in all OSA patients. Various correlations between CRP and IL-6 and the patients' clinical and laboratory data were analyzed in OSA subgroups.

In non-diabetic OSA patients, severe stage of the disease contributes to the concentration of CRP and IL-6. The metabolic factors differ in their influence on the inflammatory response in the OSA subgroups.