Tuesday, January 17, 2012

People who snore needed for ground-breaking study into snoring and heart attacks

Up to 1,000 snorers world-wide have signed up but more are needed for a global study investigating the connection between sleep apnoea, blood pressure, heart attacks and strokes.

Royal Prince Alfred Hospital (RPA) is part of the major Australian-led global study into the deadly risks associated with snoring, which has just clocked up its 1,000th patient volunteer.

However, RPA Head, Department of Neurology, Professor Craig Anderson, called on more people who snore from Sydney’s inner west to volunteer for the study so it could reach its target of 5,000 patients world-wide.

“The more information we gather, the closer we are to better understanding the causes of heart attacks and strokes,” Professor Anderson said.

“This may well lead to the development of new medical approaches to the prevention of cardiovascular disease.”

Obstructive sleep apnoea is a condition where relaxation of throat muscles causes a person to stop breathing for several seconds at a time during sleep. The condition often causes loud snoring and can cause sleepiness and poor concentration.

About 10 per cent of middle-aged men and four per cent of middle-aged women in the general population have sleep apnoea, causing them to wake up at least 15 times or more an hour.

Participants for the study must be aged between 45 and 75 and previously had:

- A heart attack or stroke;
- Proven angina;
- Bypass surgery or coronary artery stents, or
- Transient ischemic attack or ‘TIA’.
- They should NOT have previously used Continuous Positive Airway Pressure (CPAP) treatment.

Interested people should contact Elizabeth Ray (RPAH) on 9515 3251 or email Elizabeth.Ray@sswahs.nsw.gov.au

People can also call a central number on 1800 397 371 or visit www.savetrial.org.