MEMORY RECALL DEFICITS AND FLAT PRESSOR RESPONSE AT THE STRAIN TEST IN CHRONIC SNORERS PATIENTS.

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OBJECTIVE: To present a series of patients who have memory recall deficits and a flat pressor response at the strain test. Obstructive sleep apnea (OSA) is associated with hypoxemia and hypercapnia, which accelerates atherosclerosis in coronary and cerebral arteries, causing hypertensive responses to stress test. In chronic snorers without apnea, considered an early stage in the development of OSA, have not been studied pressor responses to the strain test.

MATERIALS AND METHODS: 589 patients who attended routine medical check up at a private hospital in Mexico City, Mexico. Detailed medical history was performed for data of snoring and OSA, as well as stress test with Bruce protocol.

RESULTS: There were 26% (154 patients) patients diagnosed with flat pressor responses in the stress test. Of these patients, 70.7% (109 patients) were chronic snorers, having all of them memory recall deficits. Yet there were 27 patients who also have attention deficits however in this set of patients hypertrygliceridemia was the main feature. A correlation Pearson test was performed with a correlation index of 1, resulting statistically significant (p = 0.034).

CONCLUSIONS: Most patients having both memory recall deficits and a flat pressor response on the strain testing are chronic snorers, indicating that the cardiovascular disorders are presented from earlier stages in chronic snorers without apnea.