



# Letter to Editors About “Cardiovascular Complications in Obstructive Sleep Apnea Syndrome and It’s Comments”

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Received 2019 July 28; Accepted 2019 August 03.

**Keywords:** Obstructive Sleep Apnea Syndrome, Cardiovascular, Complication

## Dear Editor,

I would like to thank Dr. Mirdamadi for her interest in my article titled “Cardiovascular Complications in Obstructive Sleep Apnea Syndrome” and her constructive comments in this publication. Based on my 20 years of experience as an otorhinolaryngologist, I can argue that sedentary life, malnutrition, harmful habits (e.g., smoking, alcohol addiction etc.), obesity and high frequency of diabetes mellitus have all resulted in an increase in the incidence of obstructive sleep apnea syndrome (OSAS). Recent studies reported that this rate is higher than 4% across the world (1, 2). Although primary complications of OSAS affect the cardiovascular system, they can also emerge as neuro-psychological (stroke, epilepsy, headache, memory loss, anxiety, deceleration in decision-making ability, weakness, unwillingness, personality and behavior disorders), endocrinological (loss of libido, impotence, menstrual disorder, hypothyroidism, metabolic syndrome) and nephrological complications. Although OSAS affects quality of life and life span negatively, most of the patients are not diagnosed and are not aware of their illnesses (3).

By preparing this study, I wanted to share the importance of this health problem, which concerns many dis-

ciplines, especially the cardiovascular system, with all my colleagues. Finally, I would like to thank to Multidisciplinary Cardiovascular Annals and its team for their support.

## Footnotes

**Conflict of Interests:** It is not declared by the author.

**Funding/Support:** It is not declared by the author.

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