

Sleep disordered breathing and diabetes mellitus

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Egyptian Journal of Chest Diseases and Tuberculosis

2001 v50 n1

A two-stage study was performed to determine if the subjectively reported habitual snoring and/or major EDS is independently associated with diabetes mellitus and/or independently predict the development of new diabetic cases. The first stage showed a significant association between diabetes mellitus and habitual snoring, major EDS and the combined snoring with EDS, respectively. Habitual snoring, major EDS and the combined snoring with EDS, respectively, were all independent predictors for diabetes after correction of the confounding effects of age, BMI and smoking. It was found that habitual snorers (but neither major EDS nor the combined snorers with EDS) had an increased risk of developing diabetes within a follow up period of ten years.