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DEPRESSION AND OBSTRUCTIVE SLEEP APNEA (OSAS) IN THE ELDERLY: STUDY ON A POPULATION OF ELDERLY PATIENTS RECOVERED IN ACUTE SETTING

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**Introduction:** The obstructive sleep-apnea(OSAS) is a syndrome common in elderly, dangerous and frequently misunderstood by the superficiality of the evaluation of nonspecific symptoms of onset.

**Objectives and aims:** In this study we studied the prevalence of sleep-apnea(OSAS) in a sick elderly population admitted to a Acute Geriatrics, the correlation with cardiovascular disease and the effects on performances psychometric

**Methods:** 62 subjects were examined in Acute Cure of Geriatrics of University of Catania.

All subjects, after a careful medical history, were administered MMSE to cognitive and affective aspect for GDS. Also consider the autonomy and self-reliance by Barthel-Index, IADL and ADL. All subjects also performed 24-hour Holter-ECG examination and examination for Holter blood pressure in 24 hours, made basic spirometric assessments and finally carried out the examination with polysomnography VitalNight-8.

**Results:** The results in this study have ample evidence on the prevalence of OSAS in the elderly population admitted to the ward for acute cases. Shall also be significant correlations with cognitive status and mood, both largely influenced negatively by the presence of OSAS. They seem much more depressed elderly patients with OSAS compared with the general population. Finally, the highly statistically significant correlation with the presence of OSAS arrhythmias, high pressure is not controlled by drug therapy, obesity and Chronic Bronchitis.

**Conclusions:** This study reports the evidence of higher correlation between OSAS and Depression in population studied. All these data make us conclude the obvious danger of this disease still so little studied in the elderly population.