

Asociación entre medidas antropométricas, características demográficas y la severidad de la apnea obstructiva del sueño en adultos atendidos en Barranquilla, 2024–2025

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RESUMEN

Introducción: la apnea obstructiva del sueño (AOS) es uno de los trastornos respiratorios del sueño más prevalentes a nivel mundial y se asocia de manera significativa con morbilidad cardiovascular, metabólica y neurocognitiva. Su subdiagnóstico continúa siendo un problema relevante, especialmente en contextos donde el acceso a estudios de sueño es limitado. Las medidas antropométricas y las características demográficas constituyen factores de riesgo ampliamente reconocidos para el desarrollo de AOS; sin embargo, la relación de estas variables con los índices de severidad de la enfermedad ha sido poco documentada en poblaciones locales del Caribe colombiano.

Objetivo: evaluar la relación entre las medidas antropométricas y las características demográficas con los índices de severidad de la apnea obstructiva del sueño en pacientes adultos atendidos en una institución de salud de Barranquilla durante los años 2024–2025.

Metodología: se realizó un estudio observacional analítico en pacientes adultos con diagnóstico de AOS confirmado mediante polisomnografía o poligrafía respiratoria. Se recolectaron variables demográficas (edad y sexo) y antropométricas (peso, índice de masa corporal y perímetro del cuello). La severidad de la AOS se evaluó a través del índice de apnea-hipopnea (IAH), el tiempo con saturación de oxígeno menor al 90% (T90) y la carga hipóxica. Se analizaron las asociaciones entre estas variables mediante métodos estadísticos apropiados.

Resultados: las variables antropométricas y demográficas mostraron asociación con los diferentes índices de severidad de la AOS, evidenciando una relación entre mayor compromiso antropométrico y mayor severidad de la enfermedad.

Conclusiones: las medidas antropométricas y las características demográficas se relacionan con la severidad de la apnea obstructiva del sueño en esta población. Estos hallazgos refuerzan la importancia de una adecuada valoración clínica para optimizar la tamización, el diagnóstico oportuno y el abordaje integral de la AOS en el contexto regional.

Palabras clave: apnea Obstructiva del Sueño, antropometría, gravedad de la enfermedad

ABSTRACT

Background: Obstructive sleep apnea (OSA) is one of the most prevalent sleep-related breathing disorders worldwide and is strongly associated with cardiovascular, metabolic, and neurocognitive morbidity. Despite its high prevalence, OSA remains significantly underdiagnosed, particularly in settings with limited access to sleep laboratories. Anthropometric measures and demographic characteristics are well-established risk factors for OSA; however, their relationship with disease severity has been insufficiently characterized in regional populations from the Colombian Caribbean.

Objective: To evaluate the association between anthropometric measures and demographic characteristics with severity indices of obstructive sleep apnea in adult patients treated at a healthcare institution in Barranquilla during 2024–2025.

Methods: An observational analytical study was conducted in adult patients diagnosed with OSA using polysomnography or respiratory polygraphy. Demographic variables (age and sex) and anthropometric measurements (weight, body mass index, and neck circumference) were collected. OSA severity was assessed using the apnea–hypopnea index (AHI), the percentage of total sleep time with oxygen saturation below 90% (T90), and hypoxic burden. Associations between anthropometric, demographic, and severity variables were analyzed using appropriate statistical methods.

Results: Anthropometric and demographic variables showed significant associations with different OSA severity indices, indicating that greater anthropometric compromise was related to increased disease severity.

Conclusions: Anthropometric measures and demographic characteristics are associated with the severity of obstructive sleep apnea in this population. These findings highlight the importance of comprehensive clinical assessment to improve screening strategies, facilitate early diagnosis, and support personalized management of OSA in the regional context.

Keywords: Obstructive Sleep Apnea; Anthropometry; Severity of Illness Index

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