

10<sup>th</sup> International Conference on  
**Neuroscience and Neurochemistry**  
&6<sup>th</sup> International Conference on **Vascular Dementia** February 27-March 01, 2017**Obstructive sleep apnea in dementia****Ramel Carlos**

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Emerging evidence suggested a link between Obstructive Sleep Apnea (OSA) and cognitive decline, including dementia. The severity of cognitive impairment has been reported to be directly correlated with the degree of OSA. Neurodegenerative changes and vascular diseases are significant comorbidities on these patients. We report the occurrence of OSA in patients with dementia in the Island of Guam and to correlate the severity of OSA with the results of the neuropsychological testing and neuroimaging studies. We also report the prevalence of comorbid vascular diseases in these patients. A retrospective analysis of medical records of patients evaluated at Neurology Clinic with the diagnosis of OSA and dementia from August 2006 to June 2016 was conducted. There were 359 patients with dementia and 17% have been diagnosed with OSA. Among patients with OSA, 45% have moderate to severe OSA with moderate degree of cerebral atrophy on the neuroimaging studies and 17% have mild OSA with mild degree of cerebral atrophy. 17% of patients with moderate to severe OSA have moderate impairment on global cognitive scores and 17% with mild OSA have mild impairment on global cognitive scores. 25% of patients with moderate to severe OSA have stroke and 17% have leukoaraiosis in the neuroimaging studies. The prevalence of vascular diseases on patients with moderate to severe dementia showed that 75%, 58%, 66% and 33% of patients have hypertension, diabetes mellitus, hyperlipidemia and heart diseases, respectively. Wherein patients with mild dementia, hypertension, diabetes mellitus, hyperlipidemia and heart diseases were identified on 70%, 54%, 60% and 30% of patients, respectively. Conclusion: OSA is a common sleep disturbance in patients with dementia. The severity of OSA correlates closely with the degree of cerebral atrophy and global cognitive scores. Various comorbid vascular diseases are frequently encountered in patients with OSA and dementia.

**Biography**

Dr. Ramel Carlos is a practicing neurologist in the Island of Guam for the past 15 years. He completed his residency and fellowship training in Pediatrics, Child Neurology, Epilepsy, and Clinical Neurophysiology at Wake Forest University Baptist Medical Center in Winston Salem, N.C. He is a diplomate of American Board of Psychiatry and Neurology. He has presented his various clinical researches internationally regarding neurodegenerative diseases including Dementia and Parkinson disease and its association with various vascular diseases. His research on "Silent Strokes and Vascular Diseases in Cognitive Impairment in the island of Guam was awarded the Best Poster Research Presentation in London last March 2016 during the World Congress of Neurology and Therapeutics. He has published 3 books, entitled Essentials of Stroke and Heart Disease, Basic Brain Boosters, and 101 Inspirational Quotes on Health. He obtained his medical degree from Far Eastern University in the Philippines.

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