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学位の種類	博士 (医学)
報告番号	乙第1897号
学位記番号	論第1662号
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授与年月日	平成 31年 3月 25日
学位論文の題名	Normalization of breathing with adenotonsillectomy in Japanese pediatric OSA (日本人小児睡眠時無呼吸症の手術治療成績について) Auris Nasus Larynx (accept for publication)
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Abstract

Obstructive sleep apnea (OSA) is a common disease in childhood, with a prevalence of 1% to 3%. Pediatric OSA is characterized by recurrent periods of elevated upper airway resistance with partial or complete intermittent obstruction of the upper airway during sleep.

Differences of pediatric OSA between races have been discussed. However, there are few reports on pediatric OSA in Asia, especially Japan. Our aim was to analyze 1. The surgical results for OSA children in Japan compared to other countries, and 2. The correlation between obesity and OSA among Japanese.

This is a retrospective study. A total of 242 children with OSA at the Department of Otolaryngology and the Good Sleep Center, Nagoya City University Hospital and the Toyohashi Mates Sleep Disorders Center were included in the study. All children underwent pre- and postsurgical polysomnography. OSA was defined as an apnea hypopnea index (AHI) 5 or greater. Pre- and postsurgical respiratory parameters were compared using paired T test.

Normalization of breathing after surgery for OSA children was 40% with AHI <2 and 85% with AHI <5. Japanese OSA children are not as obese as OSA children in

many non-Asian countries. However, the normalization of breathing as a result of surgery in Japanese OSA children does not differ much from non-Asian countries.

Japanese pediatric OSA that is not normalized by surgery may be affected by factors other than obesity.