

Press release

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Basic information

Name: Christoffer Krogager Email: ck@clin.au.dk Phone: 31550777

Department of: Clinical Medicine

Main supervisor: Klavs Würigler Hansen, overlæge, dr. med Regionshospitalet Silkeborg

Title of dissertation: Impact of CPAP treatment on arterial stiffness in patients with type 2 diabetes and newly diagnosed obstructive sleep apnea. A randomised controlled multicenter study

Date for defence: 21/2 2019 at (time of day): 13.00 Place: Auditorium B, Aarhus Universitetshospital, Skejby

Press release (Danish)

Effekt af søvnapnøbehandling på karstivhed og blodtryk hos patienter med type 2 diabetes.

Behandling af søvnapnø er ikke effektivt til at reducere blodårenes stivhed eller blodtrykket hos patienter med type 2 diabetes viser et nyt ph.d.-projekt fra Aarhus Universitet, Health. Projektet er gennemført af læge Christoffer Krogager, der forsvaret det d. 21/02

Tidligere studier har vist at når patienter med søvnapnø behandles med en maske, kaldet CPAP, kan man opnå en reduktion af blodtryk og stivhed af blodårene hos disse patienter. Stive blodårer og højt blodtryk øger risikoen for at udvikle hjertekarsygdom. Reduktion af blodtryk og stivhed af blodårene kan derfor potentielt betyde en lavere risiko for hjertekarsygdom hos disse patienter.

En stor del af patienter med type 2 diabetes har søvnapnø. Det er uvist om behandling af søvnapnø også kan reducere blodtryk og blodårenes stivhed hos patienter med type 2 diabetes.

Studiet er udført som et lodtræknings studie hvor patienterne bliver tilfældigt fordelt i en gruppe der modtager behandlingen i 12 uger og en gruppe som fungerer som kontroller. Effekten af behandlingen vurderes efter 12 uger for at se om der er effekt på blodtryk og blodårenes stivhed.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 21/02 kl. 13.00 i auditorium B, Aarhus Universitetshospital, Skejby, Palle Juul-jensens Blv 99, Aarhus. Titlen på projektet er "Impact of CPAP treatment on arterial stiffness in patients with type 2 diabetes and newly diagnosed obstructive sleep apnea. A randomised controlled multicenter study". Yderligere oplysninger: Ph.d.-studerende Christoffer Krogager, e-mail: ck@clin.au.dk, tlf. 31550777.

Bedømmelsesudvalg: Overlæge, dr. Med, Professor Peter Rossing, Steno Diabetes Center, København, Professor Pierre Boutouyrie, Georges Pompidou Hospital, Paris, Frankrig
Overlæge, dr. Med. Professor Jens Meldgaard Bruun, Regionshospitalet Randers (formand for bedømmelsesudvalget)

Press release (English)

The effectiveness of treatment of sleep apnea on arterial stiffness and blood pressure in patients with type 2 diabetes

Treatment of sleep apnea is not effective for reducing arterial stiffness or blood pressure in patients with type 2 diabetes and sleep apnea a new phd. study from Aarhus university finds. The project has been conducted by Christoffer Krogager MD who defends his PhD thesis on february 21st

Previous studies have found the treatment of sleep apnea, with a mask called CPAP, to be effective for reducing arterial stiffness and blood pressure. Stiff arteries and high blood pressure increases the risk of developing cardiovascular disease. Reduction of blood pressure and arterial stiffness can therefore potentially reduce the risk of developing cardiovascular disease in these patients.

A large proportion of patients with type 2 diabetes have sleep apnea. It is currently unknown if CPAP treatment can reduce blood pressure and arterial stiffness in patients with type 2 diabetes.

The current study is a randomised study where the participating patients are assigned to two groups in a random order. One group receives treatment for 12 weeks while the other group acts as controls. The effect of the treatment on blood pressure and arterial stiffness is evaluated after 12 weeks .

The project was carried out by Christoffer Krogager MD, who is defending his dissertation on 21/02.

The defence is public and takes place on 21/02 at 13.00 in Auditorium B , Aarhus University Hospital, Skejby, Palle Juul-jensens Blv 99. The title of the project is "Impact of CPAP treatment on arterial stiffness in patients with type 2 diabetes and newly diagnosed obstructive sleep apnea. A randomised controlled multicenter study". For more information, please contact PhD student Christoffer Krogager, email: ck@clin.au.dk, Phone +45 31550777.

Assessment committee: Professor, MD Peter Rossing, Steno Diabetes Center, Copenhagen, Denmark, Professor, MD Pierre Boutouyrie, Georges Pompidou Hospital, Paris, France Professor MD Jens Meldgaard Bruun, Regional hospital Randers (chairman)

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