

Sleep apnea may increase the risk of Alzheimer's disease in the elderly

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Alzheimer's disease is a neurodegenerative disorder that destroys memory and other important mental functions, researchers from New York University said.

Researchers warn that more sleep disorders will lead to more accumulation of amino acids in the brain that increase the risk of Alzheimer's disease over time.



Ricardo S. Osorio, adjunct professor at the New York School of Medicine, said: "Some studies suggest that sleep disorders can contribute to deposition of amino acids and accelerate cognitive decline in people at risk. Alzheimer's disease '.

Osorio added: "However, so far, finding these causal relationships is extremely difficult because obstructive sleep apnea and Alzheimer's disease share some of the risk factors for solid disease. enemy ".

Scientists studied 208 participants, ages 55 to 90, through the collection of common cognitive data or the collection of knowledge, understanding through experience, psychology, mental status. , the senses of the surveyed people.

None of the participants is called depression or any medical condition can affect their brain function.

The study found that more than half of the participants were affected by sleep apnea, along with increased symptoms of sleepiness, cardiovascular disease, metabolic disorders and memory impairment.

The study, published in the American Journal of Respiratory and Diagnostic Care, also noted that continuous positive pressure from the intervention of dental instruments, positioning therapy and treatments Sleep apnea can slow cognitive decline and dementia at the same time.

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