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## **Effect of Weight Loss on Obstructive Sleep Apnea in People with Type 2 Diabetes**

*Losing 25 lbs resulted in significantly fewer OSA events in obese patients.*

The prevalence of obstructive sleep apnea (OSA) is rising, and its relevance to cardiovascular and other clinical outcomes is receiving attention. In a study of more than 250 people (mean body-mass index, 37 kg/m<sup>2</sup>) with OSA (mean apnea-hypopnea index [AHI], 23 events/hour) and type 2 diabetes, researchers assessed whether weight loss affected OSA. Participants were randomized to an intensive weight-reduction program or to three sessions of training on diabetes management (controls).

At 1 year, the weight-reduction group had lost significantly more weight (mean, 10.8 vs. 0.6 kg) and exhibited a significantly decreased AHI (mean, 10 fewer events/hour than at baseline) compared with the control group. In addition, more people in the weight-reduction group showed remission of OSA (14% vs. 4%), and the proportion with severe OSA was lower (18% vs. 38%).

**Comment:** According to the authors, only one small randomized controlled trial has been conducted to evaluate the effect of weight loss on OSA ([JW Gen Med Mar 10 2009](#)). In the current study, performed in patients with type 2 diabetes and OSA, the previous results have been confirmed: Weight loss led to significantly fewer OSA events. Thus, overweight patients with diabetes and OSA have an opportunity to improve both disorders simultaneously by losing weight.

— [Jamaluddin Moloo, MD, MPH](#)

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### **CITATION(S):**

Foster GD et al. A randomized study on the effect of weight loss on obstructive sleep apnea among obese patients with type 2 diabetes: The Sleep AHEAD Study. *Arch Intern Med* 2009 Sep 28; 169:1619.