

번호 09-1

제 목	국문	일부 농촌주민의 코골이와 고혈압의 연관성			
	영문	Association between Snoring and Hypertension in a Rural Population			
저 자 및 소 속	국문	신희영, 정은경, 신민호, 김상용, 박경수, 손석준, 이정애 전남대학교 의과대학 예방의학교실			
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<p>Objectives Whether snoring increases the risk of hypertension remains controversial and there are few studies on it in the Korean population. This study was conducted to evaluate the association of snoring with hypertension in a rural population.</p> <p>Methods A population-based sample of 1,763 adults in Chonnam, Korea was investigated with questionnaires and measurements of height, weight, and blood pressure. Information on demographic characteristics, cigarette smoking, alcohol consumption, past history of hypertension, snoring and sleep apnea related symptoms was collected through person-to-person interview using structured questionnaire. Obesity was measured by body mass index(BMI). Blood pressure was checked twice, and hypertension was considered present if the average of two measurements of blood pressure was greater than 140mmHg systolic or 90mmHg diastolic, or if they were currently on the antihypertensive treatment.</p> <p>Results The prevalence of snoring was 42.7% in men and 39.8% in women. With regard to age, snoring prevalence was 44.3% in middle-aged group(45 to 64 years), greater than 33.9% in young(<45 years) group or 38.7% in elderly(≥65 years) group. Snoring prevalence increased progressively with increasing BMI, but cigarette smoking and alcohol consumption was not associated with snoring. Hypertension occurred more frequently in snorers than non-snorers(Odds Ratio: 1.25, 95% Confidence Interval: 1.01-1.55). But after adjustment for sex, age, obesity, smoking, and alcohol use, an effect of snoring on hypertension was no longer present(Odds Ratio: 1.13, 95% Confidence Interval: 0.90-1.41).</p> <p>Conclusion These results suggest that snoring might not be associated with hypertension independent of the effect of confounding such as obesity.</p>					