

# Comment “clinical presentation, diagnosis, complications, and treatment of obstructive sleep apnea syndrome”

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## Dear Editor,

I have read the article “clinical presentation, diagnosis, complications, and treatment of obstructive sleep apnea syndrome” by Bilgin G. with great interest. This comprehensive review provides valuable insights into the multifaceted aspects of obstructive sleep apnea syndrome (OSAS).<sup>1</sup> I commend the author for the depth of analysis and for addressing diagnostic challenges and therapeutic approaches.

The emphasis on polysomnography (PSG) as the gold standard for diagnosing OSAS is commendable. However, with the increasing use of home sleep apnea testing (HSAT), comparing the efficacy of PSG and HSAT could provide additional perspectives, especially for resource-limited settings. Such discussion would highlight advancements that make OSAS diagnosis more accessible globally.

While the therapeutic role of continuous positive airway pressure (CPAP) was thoroughly explored, I believe further elaboration on the long-term impact of lifestyle interventions, such as weight management and positional therapy, could enhance practical applicability for patients who struggle with CPAP compliance.

Moreover, the brief mention of neurocognitive impairments due to OSAS opens an important area of discussion. Expanding on the potential links between OSAS and long-term neurocognitive outcomes, including vascular dementia and Alzheimer’s disease, could strengthen the importance of early diagnosis and management.<sup>2</sup>

I deeply appreciate the author’s meticulous synthesis of current knowledge on OSAS and the structured presentation of findings, particularly the concise tables summarizing key symptoms and complications. This article is a valuable resource for clinicians and researchers in advancing the understanding and management of OSAS.

Thank you for considering my comments. I look forward to further discussions on this important topic.

Sincerely,

## ETHICAL DECLARATIONS

### Referee Evaluation Process

Externally peer-reviewed.

### Conflict of Interest Statement

The authors have no conflicts of interest to declare.

### Financial Disclosure

The authors declared that this study has received no financial support.

### Author Contributions

All of the authors declare that they have all participated in the design, execution, and analysis of the paper, and that they have approved the final version.

## REFERENCES

1. Bilgin G. Clinical presentation, diagnosis, complications and treatment of obstructive sleep apnea syndrome. *Ank Med J.* 2024;3(6):140-145.
2. Aliyeva A. Obstructive sleep apnea and circadian rhythms. *J Ear Nose Throat Head Neck Surg.* 2023;31(3):179-188. doi:10.24179/kbbbbc.2023-98095

# Author reply “clinical presentation, diagnosis, complications, and treatment of obstructive sleep apnea syndrome”

 **Gülden Bilgin**

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**Dear Editor,**

I would like to thank you very much for the positive comments on the article titled clinical presentation, diagnosis, complications and treatment of obstructive sleep apnea syndrome. I would like to thank you very much for the words of appreciation for the depth of analysis, diagnostic difficulties and treatment approaches, polysomnography, and tables summarizing the main symptoms and complications.

I agree that a more detailed explanation of the long-term effects of life interventions such as weight management and positional therapy could be more practical for patients who have difficulty with CPAP compliance. I believe that researching OSAS and neurocognitive outcomes such as vascular dementia and Alzheimer's disease will strengthen early diagnosis and treatment.

I would like to thank you again for the positive contributions written on this subject.

Best regards.