

38th WPI IIIS Seminar

“Cause and Consequences of Obstructive Sleep Apnea”

Asians generally have a higher risk of developing weight-related health problems such as hypertension and diabetes, even when they are not morbidly obese by Western standards. Similarly, the average body-mass index (BMI) of Asian patients with Obstructive Sleep Apnea (OSA) is smaller than that of Caucasian patients. OSA is closely linked to the cluster of cardiovascular risk factors known as “syndrome X”, which is also termed metabolic syndrome (MS). Therefore, in 1998 Wilcox et al. proposed that a new term, Syndrome Z, be used to indicate the presence of syndrome X and OSA. In this seminar, I will try to review the cause and consequences of OSA in Asian countries.



Speaker: Dr. Makoto Satoh

Department of Sleep Medicine,
Graduate School of Comprehensive Human Sciences,
University of Tsukuba

Date: Monday, August 4, 2014

Time: 12:00-13:00

Venue: Room #402, 4F, Health and Medical Science Innovation Laboratory, University of Tsukuba

☆Light refreshments will be served.



Contact: International Institute for Integrative Sleep Medicine
Phone: 029-853-5857 (ext. 5857)