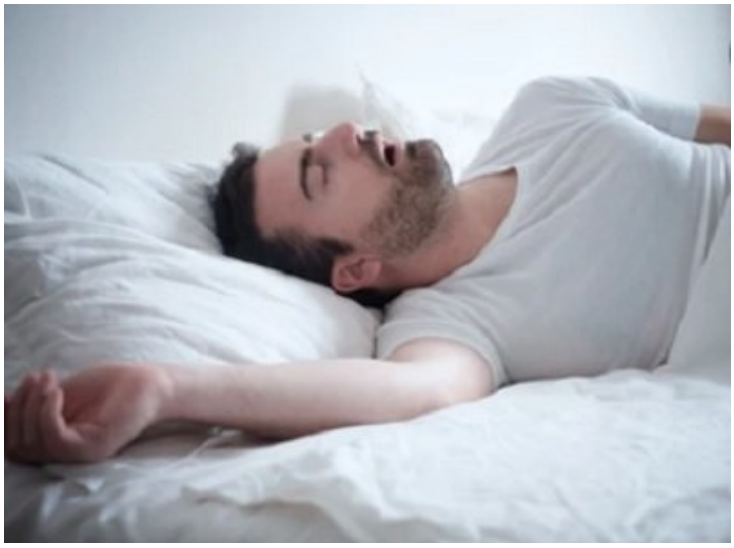
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Over 50% of patients with T2DM suffer from sleep disturbances: RSSDI study

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The treatment options include lifestyle modification and medical management



A recent consensus by the Research Society for the Study of Diabetes in India (RSSDI) highlights the importance of screening for obstructive sleep apnea (OSA) in patients with type 2 diabetes mellitus (T2DM).

The report reveals that over 50 per cent of patients diagnosed with T2DM suffer from sleep disturbances, many of which may require treatment.

Additionally, the report states that cardiovascular disease is a shared clinical consequence of OSA and T2DM, further suggesting the importance of screening, diagnosis, and treatment in T2DM patients for OSA.

In making these findings, RSSDI, Asia's leading scientific societies focusing on diabetes education and research, collaborated with sleep specialists across India to study and develop clinical practice recommendations. The consensus identifies the association of OSA with T2DM and the need for a collaborative approach between diabetologists and sleep specialists to manage such patients.

Dr Sibasish Dey, Head, Medical Affairs, Asia, and Latin America, ResMed said, "As recommended by RSSDI, timely screening, diagnosis and medical intervention are integral for OSA and type 2 diabetes patients."

The treatment options for OSA in patients with T2DM who are at cardiovascular risk include lifestyle modification and medical management, which could include devices such as home CPAP therapy.

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