

DEMENTIA & HYPOXIA



Sleep-Disordered Breathing, Hypoxia, and Risk of Mild Cognitive Impairment and Dementia in Older Women

JAMA. 2011;306(6):613-619

Kristine Yaffe, MD

Alison M. Laffan, PhD

Stephanie Litwack Harrison, MPH

Susan Redline, MD, MPH

Adam P. Spira, PhD

Kristine E. Ensrud, MD

Sonia Ancoli-Israel, PhD

Katie L. Stone, PhD

Context Sleep-disordered breathing (characterized by recurrent arousals from sleep and intermittent hypoxemia) is common among older adults. Cross-sectional studies have linked sleep-disordered breathing to poor cognition; however, it remains unclear whether sleep-disordered breathing precedes cognitive impairment in older adults.

Objectives To determine the prospective relationship between sleep-disordered breathing and cognitive impairment in older women.

Design Prospective cohort study.

Setting The study was conducted in the Sleep Heart Health Study, a population-based study of sleep-disordered breathing in older adults.

Participants The study included 1,000 women aged 65 years and older who were free of dementia at baseline.

Measurements and Main Results Sleep-disordered breathing was defined as a mean respiratory disturbance index of 15 or greater. Cognitive impairment was defined as a mean standardized score of 1.5 or greater on the Mini-Mental State Examination. The risk of cognitive impairment was significantly higher in women with sleep-disordered breathing compared with women without sleep-disordered breathing.

Conclusions Sleep-disordered breathing is associated with an increased risk of cognitive impairment in older women.

Medical research has found that severe snoring (airway obstruction) causes **BRAIN HYPOXIA** that increases **RISKS OF DEMENTIA...**



SCIENTIFIC RESEARCH DISCOVERED THAT HYPOXIA IS LINKED TO ALZHEIMER'S DEMENTIA...

Cell. Mol. Life Sci. (2009) 66:3555–3563
DOI 10.1007/s00018-009-0141-0

Cellular and Molecular Life

MULTI-AUTHOR REVIEW

Contribution of hypoxia to Alzheimer's disease: is HIF-1 α a mediator of neurodegeneration?

O. O. Ogunshola · X. Antoniou

Received: 18 August 2009 / Accepted: 20 August 2009
© Birkhäuser Verlag, Basel/Switzerland 2009

Liu and Le *Translational Neurodegeneration* 2014, 3:7
<http://www.translationalneurodegeneration.com/content/3/1/7>



Translational
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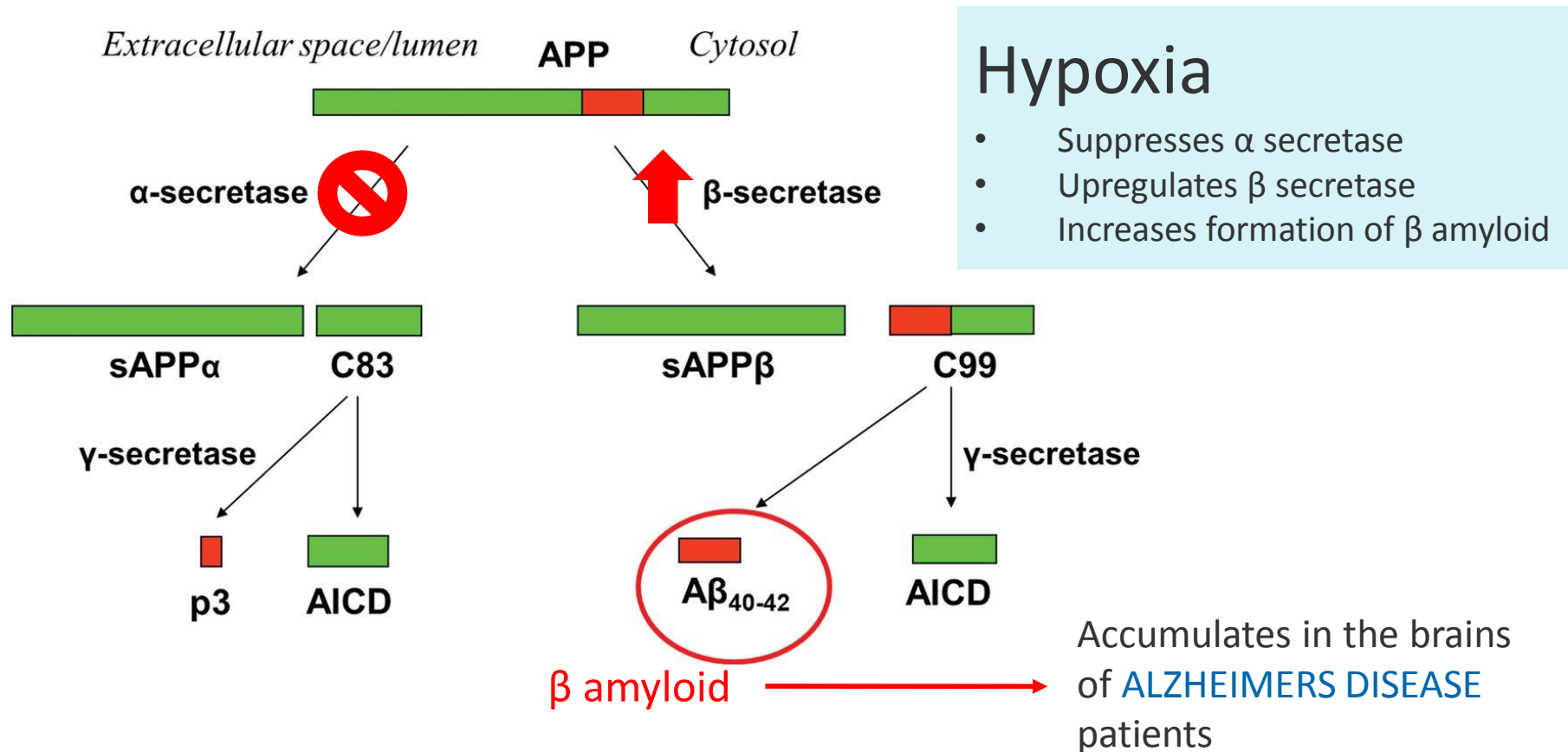
REVIEW

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Epigenetic modifications of chronic hypoxia-mediated neurodegeneration in Alzheimer's disease

Hui Liu¹ and Weidong Le^{2*}

MECHANISM OF HYPOXIA IN DEVELOPMENT OF ALZHEIMER'S DEMENTIA



Ref: Andrew F. TEICH and Ottavio ARANCIO. Is the Amyloid Hypothesis of Alzheimer's disease therapeutically relevant? *Biochem. J.* (2012) 446, 165–177