

[1]何兵,李素芝.移居汉族高原红细胞增多症多导睡眠监测[J].第三军医大学学报,2013,35(07):679-681.

He Bing,Li Suzhi.Polysomnography of high altitude polycythemia in migrant Han[J].J Third Mil Med Univ,2013,35(07):679-681.

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## 移居汉族高原红细胞增多症多导睡眠监测(PDF)分享到.

《第三军医大学学报》[ISSN:1000-5404/CN:51-1095/R] 卷: 35 期数: 2013年第07期 页码: 679-681 栏目: 论著 出版日期: 2013-04-15

Title: Polysomnography of high altitude polycythemia in migrant Han

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关键词: [高原红细胞增多症](#); [睡眠](#); [多导睡眠监测](#); [高海拔](#)

Keywords: [high altitude polycythemia](#); [sleep](#); [polysomnography](#); [high altitude](#)

分类号: R444; R555.1; R594.3

文献标志码: A

摘要: 目的 研究高原红细胞增多症(High altitude poly cythemia, HAPC)夜间睡眠呼吸及血氧饱和度(arterial oxygen saturation, SaO<sub>2</sub>)特点,为临床合理治疗提供依据。方法 以40例患HAPC的汉族移居者为研究对象(HAPC组),并以20例健康的汉族移居者作为对照组。2组在安静、舒适的睡眠监测室内行整夜多导睡眠监测。观察呼吸暂停/低通气指数(apnea-hypopnea index, AHI)、呼吸暂停指数(apnea index, AI)、低通气指数(hypopnea index, HI)、清醒SaO<sub>2</sub>(awake SaO<sub>2</sub>, ASaO<sub>2</sub>)、睡眠平均SaO<sub>2</sub>(mean SaO<sub>2</sub>, MSaO<sub>2</sub>)、最低SaO<sub>2</sub>(lowest SaO<sub>2</sub>, LSaO<sub>2</sub>)、SaO<sub>2</sub>下降百分比(percentage of reduced SaO<sub>2</sub>, A-MSaO<sub>2</sub>%)、氧饱和度指数(oxygen desaturation index, ODI<sub>4</sub>)、氧减时间百分比(percentage of time for ODI<sub>4</sub>, T<sub>ODI4</sub>%)等指标。睡眠监测后填写匹兹堡睡眠质量问卷(pittsburgh sleep quality index, PSQI),并抽取静脉血检测红细胞(red blood cell, RBC)、血红蛋白(hemoglobin, HGB)、红细胞压积(haematocrit, HCT)。结果 HAPC组RBC、HGB、HCT显著高于对照组( $P<0.01$ );2组PSQI总分及各因子计分无显著差异性( $P>0.05$ );2组AHI、AI无显著差异( $P>0.05$ ),但HAPC组HI显著高于对照组( $P<0.05$ );HAPC组ASaO<sub>2</sub>、MSaO<sub>2</sub>、LSaO<sub>2</sub>显著低于对照组,A-MSaO<sub>2</sub>%、ODI<sub>4</sub>、T<sub>ODI4</sub>%显著高于对照组( $P<0.05$ )。结论 HAPC患者夜间睡眠期间以低通气及SaO<sub>2</sub>水平显著降低为主要特征。

Abstract: Objective To investigate the characteristics of sleep-related breathing and blood oxygen saturation (SaO<sub>2</sub>) of high altitude polycythemia (HAPC) in migrant

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Han in order to provide evidence for therapy. Methods Polysomnography (PSG) were performed on 40 HAPC and 20 healthy volunteers (control group) of migrant Han ethnic in a quiet and comfortable room. The apnea-hypopnea index (AHI), apnea index (AI), hypopnea index (HI), awake  $\text{SaO}_2$  (ASaO<sub>2</sub>), mean  $\text{SaO}_2$  (MSaO<sub>2</sub>), lowest  $\text{SaO}_2$  (L SaO<sub>2</sub>), percentage of reduced  $\text{SaO}_2$  (A-MSaO<sub>2</sub>%), oxygen desaturation index (ODI<sub>4</sub>) and percentage of time for ODI<sub>4</sub> (T<sub>ODI4</sub>%) were calculated. Pittsburgh Sleep Quality Index (PSQI) was employed to evaluate the sleep quality measured after PSG. Red blood cells (RBC), hemoglobin (HGB), and haematocrit (HCT) were compared between 2 groups. Results RBC, HGB, and HCT were significantly higher in HAPC group ( $P < 0.01$ ), while there was no significant difference in total score and every score of PSQI between 2 groups ( $P > 0.05$ ). Although there was no difference in AHI and AI ( $P > 0.05$ ), HI was significantly higher in HAPC than in control group ( $P < 0.05$ ). ASaO<sub>2</sub>, MSaO<sub>2</sub> and L SaO<sub>2</sub> were obviously lower, but A-MSaO<sub>2</sub>%, ODI<sub>4</sub> and T<sub>ODI4</sub>% were remarkably higher in HAPC than in control group ( $P < 0.05$ ). Conclusion HAPC in migrant Han high altitude dwellers are characterized as hypoventilation and hypoxemia during sleeping.

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