

STRONG CHILDREN'S RESEARCH CENTER

Summer 2013 Research Scholar

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ABSTRACT

Title: Treatment of Obstructive Sleep Apnea with Adenotonsillectomy Compared to CPAP Results in Better Quality of Life in Overweight/Obese Children & Adolescents

Objective: Obstructive Sleep Apnea (OSA) is associated with cognitive deficits, behavioral abnormalities, cardiovascular problems, reduced growth, and inflammation in pediatrics. Both Adenotonsillectomy (T&A) and Continuous Positive Airway Pressure (CPAP) are effective treatments modalities. Quality of life (QOL) is poor in children with obesity and OSA yet, there is scant literature comparing QOL based on treatment method. We examined changes in QOL in overweight/obese children and adolescents who underwent either T&A or began CPAP as a treatment for OSA.

Methods: Children (N= 50; M=38; BMIz 2.3±0.5; aged 13-18 years; 31 treated with T&A; AHI 17.7±26.2), and their parents were enrolled in this prospective study if the child presented with habitual snoring (i.e. at least 3 nights/week) and was overweight (85%ile BMI