

## Faktor risiko obstructive sleep apnea

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Abstrak

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Obstructive sleep apnea (OSA) is a disease with recurrent episodic of partial or total upper airway collapse during sleep. Snoring is a main symptom of OSA because it may be caused by upper airway collapse during sleep. Several risk factors has been identified as risk factors for OSA. They are male gender, increased of age, overweight or obesity, big neck, craniofacial abnormality, upper airway disease or abnormality, smoking, gene, menopause, nasal congestion, and alcohol consumption. Overweight or obesity are major risk factor of OSA. Obesity also increased progressivity of OSA.