



Obstructive Sleep Apnea (OSA)—New Pathways for Targeted Therapy

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Message from the Guest Editor

Obstructive sleep apnea syndrome (OSAS) is a chronic and prevalent disorder characterized by repetitive episodes of apneas and hypopneas during sleep. OSAS has been associated with increased morbidity and mortality and has emerged as an important potential etiologic factor of several cardiometabolic diseases, including hypertension, atrial fibrillation, stroke, insulin resistance (IR), and diabetes mellitus.

Most of the treatment options for OSAS, including continuous positive airway pressure (CPAP), mandibular advancement devices, UA surgery, and hypoglossal nerve stimulation, are focused on improving the impaired UA anatomy. The ‘gold standard’ of OSAS treatment remains CPAP; however, it has a rather low compliance rate. There also remain gaps in our scientific and clinical knowledge of different pathways for targeted therapy for OSAS. There is a need to identify key clinical phenotypes of OSAS in order to employ a more targeted treatment approach and also to identify predictive factors in order to facilitate personalized treatment of this disease.





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