

中文題目：鼻淚管空氣逆流在嚴重阻塞型睡眠呼吸中止病人使用持續正陽壓呼吸器——個案報告

英文題目：Nasolacrimal air regurgitation in a patient with severe obstructive sleep apnea on continuous positive airway pressure therapy

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Abstract

Evidence has confirmed that patients with obstructive sleep apnea (OSA) have a high prevalence of cardiovascular disorders (hypertension, ischemic heart disease, ischemic stroke). The continuous positive airway pressure (CPAP) provides forced room air via a sealed mask to increase the pressure in the oropharyngeal airway, which helps to maintain airway patency and decrease apnea hypopnea index during sleep. Studies have indicated that CPAP therapy may diminish the risk of cardiovascular disease. However, various factors during CPAP therapy can interrupt its use. We present a case of severe OSA on CPAP therapy, which showed Nasolacrimal air regurgitation into eyes.

Case report

The 56-year-old male had a history of hypertension and one- vessel coronary artery disease for 5 years. Because of morbid obese, snore, and sleep interruption at night, we arranged a polysomnography, which showed an apnea hypopnea index of 62.7 events per hour and minimum sPO₂ of 55.0% during sleep. Severe OSA with profound nocturnal oxygen desaturation was diagnosed. The patient initiated auto-CPAP therapy with range of 5–12 cm H₂O by using a nasal mask after diagnosis of severe OSA. The patient reported symptomatic improvement with auto-CPAP, feeling “more alert consciousness at daytime than I had in recent 5 years.” Whereas, he complained an unusual side effect: consistent air reflux into his eyes during CPAP

use. Before we used a facial mask to replace a nasal mask, the patient applied eye ointment over the lacrimal puncta during auto-CPAP use. He did not feel flushing air into his eyes during sleep.