

Obstructive Sleep Apnoea.....it's not just about snoring!

***OSA due to Massive obesity can lead to catastrophic life threatening respiratory failure!
Doctors at BLK conduct a rare surgery to save the life of a 180 kg man***



Dr. Deep Goel with Mr. Munish Chadha

In a rare surgery conducted at the BLK Hospital, doctors operated upon a 180 kg man who faced breathing difficulty due to massive obesity. The patient Munish Chadha was suffering from obstructive sleep apnoea which is a life threatening problem. In this condition a person has loud snoring and has spells of apnoea, when in deep sleep. He was advised admission for further management.

As he waited for admission formalities to be completed he crashed and had acute respiratory failure due to a prolonged sleep apnoeic spell. He was immediately put on a ventilator to support his respiration.

Sleep and breathing disorders, including obstructive sleep apnea (OSA) are extremely common among obese people. Morbidly obese patients are at increased risk for developing overt respiratory failure. Obesity Hypoventilation Syndrome, which is usually seen in severe obesity, is characterized in addition to hypoxemia by daytime hypercapnia, an impaired central respiratory drive, and nocturnal hypoventilation. Such people often develop pulmonary hypertension, cor pulmonale, and respiratory failure.

Munish suffered respiratory failure in the hospital after which he was put on ventilator. After counselling the attendants about the high risk of OSA and operating on such a patient, laparoscopic

sleeve gastrectomy as a bariatric surgery operation. Surgery lasted for three hours. A tracheostomy was done for anticipated prolonged ventilator requirement.

After surgery, even before weight loss has occurred the sleep apnoea starts to improve. The response to Bariatric surgery from OSA is remarkable and starts on the day after surgery and happens much before the weight loss starts to happen! The exact mechanism is still not understood or readily explainable but is very gratifying and life saving. In two weeks, he lost 20 Kg weight came off the ventilator and started to walk on his own.

Munish said that he had breathing problems due to his massive weight. "I consulted various doctors but I could not get the right treatment. At BLK Hospital, doctors advised my family that I should undergo laparoscopic sleeve gastrectomy. Though it had a great risk factor but the team of doctors at BLK used their expertise to help me overcome the problem and today I am totally fit and able to breathe properly", said Munish.

Bariatric surgery offers hope to patient of OSA with morbid obesity & should be offered such before the patient goes in for life threatening breathing difficulty.

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