

ARIC MANUSCRIPT PROPOSAL FORM

MS #494S

1.a. Full Title: Relation of Hormone-Replacement Therapy to Sleep-Related Breathing Disorder (SRBD)

b. Abbreviated Title (Length 26): HRT and Sleep Apnea

2. Writing Group (list individual with lead responsibility first):

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3. Timeline: As soon as final PSG data are available.

4. Rationale:

There are data to suggest that hormone-replacement therapy in the postmenopausal period have a protective effect against SRBD. Of three small trials, two (n=9; n=1) reported benefit and one (n=15) reported no benefit. If indeed hormone-replacement therapy offers protection against SRBD and if SRBD is causally related to cardiovascular disease, this pathway is one mechanism by which hormone-replacement therapy reduces the risk of cardiovascular disease.

5. Main Hypothesis: Among postmenopausal women who are free of clinical cardiovascular disease, the mean values of the apnea index, hypopnea index, and apnea-hypopnea index are lower in those using hormone-replacement therapy than in those not using, after adjustment for age, indices of body size, and indices of general health status.

6. Data (variables, time window, source, inclusions/exclusions): Any site that has data on menopausal status and hormone-replacement therapy can contribute data to this analysis.

The analysis will be restricted to postmenopausal women.