

COMMUNICATION ON THE NEW CONTRIBUTION OF THE THESIS

Name of thesis : *“Comorbid obstructive sleep apnea on patients with metabolic syndrome and results of therapeutic interventions”*

Speciality : Internal Medicine

Code: 9720107

Full name: **Nguyen Thi Hong Lien**

Full name of thesis supervisors:

1. Associate Professor Pham Van Linh MD, PhD

2. Professor Duong Quy Sy MD, PhD

Educational Establishment: Haiphong University of Medicine and Pharmacy

Summary of new contribution of the thesis:

This thesis is one of the first research studies, carried out on Obstructive Sleep Apnea (OSA) in subjects with metabolic syndrome in Vietnam. The study showed clinical, paraclinical features and short-term clinical outcomes after health education interventions and Continuous Positive Airway Pressure (CPAP) therapy in patients with comorbid metabolic syndrome and moderate-to-severe OSA.

The research findings constitute a significant contribution to advancing the comprehension of OSA, an emerging health concern that has hitherto lacked sufficient attention from both the medical establishments and the broader community. This contribution is poised to enhance efforts in the prevention, diagnosis, and treatment of OSA, with the overarching goal of mitigating its deleterious effects and augmenting patient's overall health and quality of life.

The scientific information given by the thesis will serve as a foundation for planning screening and management of OSA in medical practice, concurrently providing a premise for subsequent research pertaining to OSA in general and OSA in cardiovascular and metabolic disorders specifically.