F3.3: Relationships Among Diagnosed Coronary Heart Disease Self-reported Sleep Disturbance and Cognitive Impairment in Post-menopausal Women

Author List:
Presenting Author: Catherine Cole
Additional Author: Jean C. McSweeney, Mario Cleves, Donald L. Bliwise

Presenting Author: Catherine Cole
Address: UAMS College of Nursing, Slot 529, 4301 W. Markham St.
Little Rock, Arkansas 72205
United States
Ph: 501-526-7845
Fax:
Email: colecatherine@uams.edu
Institution: University of Arkansas for Medical Sciences

Additional Author: Jean C McSweeney
Address: UAMS College of Nursing, Slot 529, 4301 W. Markham St.
Little Rock, Arkansas 72205
United States
Ph: 501-296-1982
Fax:
Email: mcsweeneyjeanc@uams.edu
Institution: University of Arkansas for Medical Sciences

Additional Author: Mario Cleves
Address: UAMS College of Public Health, 4301 W. Markham St.
Little Rock, Arkansas 72205
United States
Ph: 501-526-6700
Fax:
Email: ClevesMario@uams.edu
Institution: University of Arkansas for Medical Sciences

Additional Author: Donald L Bliwise
Address: Emory University School of Medicine, 1648 Pierce Drive NE
Atlanta, Georgia 30322
United States
Ph: 404-728-4750
Fax:
Email: dbliwis@emory.edu
Institution: Emory University
Abstract Categories:
Thematic Areas: Chronic illness

Abstract:
**Introduction:** The purpose of this study was to describe relationships among sleep disorders, coronary heart disease (CHD), and cognitive impairment (CI) in postmenopausal women. Sleep disorders, CHD, and CI have many common risk factors. Because of the common of risk factors we posit the possibility of a shared disease mechanism. Although the exact relationships among these conditions are uncertain and more than one mechanism is plausible, a clear understanding of the shared risk factors could favorably alter the progression of CHD as well as CI in postmenopausal women.

**Method(s):** This study analyzed a pre-existing dataset that contains retrospective self-reported prodromal and acute symptoms of coronary heart disease (CHD) (specifically acute myocardial infarction [MI]) in 1270 post-menopausal women from 15 sites nation-wide. Data were collected via telephone using the McSweeney Acute and Prodromal Myocardial Infarction Symptom Survey.

**Results:** We investigated the estimated prevalence of: 1) sleep disturbance, 2) cognitive impairment (CI), 3) sleep disturbances and CI, and 4) relationships among sleep disturbance, CHD, and CI. The final sample consisted of 42.6% African-American 42.1% Caucasian, 14.6% Hispanic, and 1.6% other. The average age was 66.54 (+12.09). Prodromally, 50.6% of this sample reported sleep disturbance and 31.3% reported changes in thinking or remembering. Cross tabulation of sleep disturbance (no, mild, moderate, severe) and change in thinking or remembering (no, mild, moderate, severe) indicated that 256 (20.15%) women with diagnosed MI reported symptoms of sleep disturbance and CI before their MI. Only 17.2% of this sample reported chest pain as a prodromal symptom.

**Discussion & Conclusions:** Prodromal reports of sleep disturbance and CI may be related to sleep apnea but because specific questions were not asked pertaining to sleep apnea, we can only surmise what the sleep disturbance response indicates. Further investigation is needed.

**Abstract History:**
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

**Financial Disclosure:**
No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

**FDA Disclosure:**
I will not be describing any pharmaceutical and/or medical device.
Non-Exclusive License:

Submitted by: