

LETTER TO THE EDITOR

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Other instruments to help diagnose obstructive sleep apnea syndrome

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Dear Editor,

We read carefully the article prepared by Grillo PM et al. (2023), entitled “Obstructive sleep apnea syndrome risk in patients with non-alcoholic fatty liver disease is associated with obesity and presence of nash”, published by their prestigious journal.

In the study they used the Berlin Questionnaire (BQ), for the diagnosis of Chronic Obstructive Sleep Apnea Syndrome (OSAS) obtaining reliability in the results⁽¹⁾, however, the polysomnography instrument that is the Gold Standard could have given more specific results as mentioned in the article published by Pablo AV and collaborators, in which it is evident that the BQ evaluates clinical manifestations, while Polysomnography evaluates various

physiological variables of sleep among others⁽²⁾.

The BQ is a fast and low-cost tool, however, for the study the STOP-Bang questionnaire could have been used, which has similar characteristics and according to Franklin E et al. it is a tool of greater sensitivity⁽³⁾.

In addition, with the BQ there is a high probability of obtaining false or erroneous answers from the patients surveyed because it is a self-administered method⁽⁴⁾.

In conclusion, polysomnography is an instrument of greater reliability with respect to OSAS because it is the gold standard, therefore when used it would have led to give greater quality to the research, as well as the usefulness of the Stop Bang could have given greater sensitivity in the results.

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ANSWER
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Dear authors

We agree with you that the polysomnography is the best method, but the study was carried out in a public institution, making it difficult to perform the polysomnography, since the QB validated, we opted for this less costly method.

In addition, the person who is responsible for the study applied all questionnaires in an interview format for greater reliability in the responses obtained, not being self-administered, which would incur more errors and less reliability; but in the next studies we will use the STOP-Bang, as recommended⁽¹⁾.

Thanks for the remarks.

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