

This study investigated the prevalence and patient awareness of the risk of CKD progression in individuals with OSA. 1295 adults referred to Canadian sleep centers for suspected OSA underwent testing and provided samples for eGFR and ACR measurements. CKD progression risk was assessed based on a heat map using these parameters. The study found that 13.6% of individuals with no/mild OSA, 28.9% of those with moderate OSA, and 30.9% with severe OSA had a moderate-to-very high risk of CKD progression (p.001). After adjusting for CKD risk factors, the odds of moderate-to-very high risk were significantly higher for moderate and severe OSA compared to no/mild OSA. Notably, 73% of patients at increased risk were unaware of their abnormal kidney function. The conclusion highlights that patients with moderate and severe OSA have an increased risk of CKD progression, independent of other risk factors, and most are unaware of this elevated risk.