Streszczenie prezentowanych prac w języku angielskim

In the study presented in the article: “Correlation between Subjective Nasal Patency and Nasal Capacity in Young Adults: A Pilot Study with a Prototype Device—A Nasoorospirometer. J. Clin. Med. 2024, 13, 2506.” a group of 31 participants (mean age 24.9 years) underwent a thorough laryngological examination. The nasoorospirometer was used to measure objective nasal airway obstruction (NAO)- nasal capacity, the NOSE scale was used to gain subjective NAO evaluation, and the Berlin Questionnaire for the risk of OSA. The most important observation in the study was that correlation analysis confirmed no significant associations between the subjective and objective measures ($p > 0.05$). Moreover, the higher BMI and neck circumference were associated with lower NAO and higher nasal patency in the population of young adults (r: 0.32–0.45; $p < 0.05$). Another important observation was that the risk of OSA evaluated in the Berlin Questionnaire showed no statistically significant association ($p > 0.05$).

The paper “Prevalence of Obstructive Sleep Apnea in the Young Adult Population: A Systematic Review. Journal of Clinical Medicine. 2024; 13(5):1386” contains a systematic review and meta-analysis of OSA prevalence among healthy adults aged 18–30 years in the general population. Two reviewers completed a search of Embase, Medline, and Web of Science databases for articles reporting the prevalence of OSA among young adults confirmed by objective diagnostic methods. Studies identified and included in the review were summarized qualitatively. Additionally, a meta-analysis of prevalence rates was conducted using a random effects model. As a result, 11 articles out of 5898 met the inclusion criteria and were included in the meta-analysis. The diagnostic thresholds, scoring criteria, and the type of used device varied substantially among all the studies. We found that the pooled prevalence of OSA among young adults was 16% (CI 95%, 8–29%, $I^2 = 92\%$, $\tau^2 = 1.47$). Furthermore, a few factors diverged the prevalence of the disease between the studies, such as the definition of hypopnea, the AHI threshold, and the type of device used. Another important observation was that most of the studies included examined healthy volunteers, suggesting that the disease burden may be underestimated.