



## Key Points Summary

Garcia, A., Wilde, E. A., Tate, D., Reljic, T., Kenney, K., Troyanskaya, M., et al. (2021). 787 OSA risk is associated with number of white matter hyperintensities, but history of mild TBI is not: A LIMBIC-CENC study. *Sleep*, 44, Supplement 2, 307. <https://doi.org/10.1093/sleep/zsab072.784>

### Primary Question this Study Addresses

What is the relationship between obstructive sleep apnea (OSA) score, mTBI, and white matter hyperintensities in a military cohort with a history of combat deployment?

### Study Findings That Add to Our Knowledge

About 4 of 10 Veterans had white matter hyperintensities (WMHs). Multivariable analyses revealed that only increasing age was associated with WMH presence. Lifetime mTBI exposure and OSA did not predict WMH presence.

When looking at the subgroup with WMHs, age and OSA score were associated with the amount of WMHs.

### How Study Evidence Might Be Used in Practice

Consistent with the literature in non-brain injured populations, increasing age was the strongest predictor of WMH presence and number. In those with identified WMH, OSA risk was a significant predictor of WMH number, while history of mTBI was not.

For more information on assessing and treating sleep, visit:

 [Resource](#)

To access the study abstract, click here:

 [Abstract](#)

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