

SLEEP DISTURBANCES IN PRIMARY HYPERPARATHYROIDISM BEFORE AND AFTER PARATHYROIDECTOMY

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We investigated the influence and effect of parathyroidectomy on preexisting sleep disturbances of patients suffering from primary hyperparathyroidism (pHPT). A total of 30 patients with pHPT were prospectively included into the study between December 2014 and December 2015. All participants were surveyed one day before and six months after surgery.

We applied four different sleep questionnaires: The "Pittsburgh sleep quality index (PSQI)", which analyses sleeping quality, the "Epworth Sleepiness Scale (ESS)", which conceives daytime sleepiness, the "Berlin questionnaire (BQ)", which tests the participants concerning sleep-disordered breathing and the "Landecker Inventar zur Erfassung von Schlafstörungen (LISST)", which enquires about insomnia, narcolepsy, sleep-disordered breathing, the restless-legs-syndrome (RLS) and circadian rhythm sleep disorders.

There was a significant improvement in the PSQI concerning sleep latency ($p = 0.05$) and sleep efficiency ($p = 0.02$). The results of the ESS and the BQ improved slightly, but not significantly after surgery. The LISST showed a minor improvement concerning insomnia, sleep-disordered breathing and narcolepsy, which was not significant either.

In patients with pHPT preexisting sleep disorders improve after parathyroidectomy. The clinical consequence is, that patients with pHPT should be systematically asked concerning the presence of sleep disorders. This might also help for the indication of parathyroidectomy. Vice versa it should be also considered to test patients without pHPT, but suffering from sleep disorders for the presence of pHPT.