

Obstructive Sleep Apnea

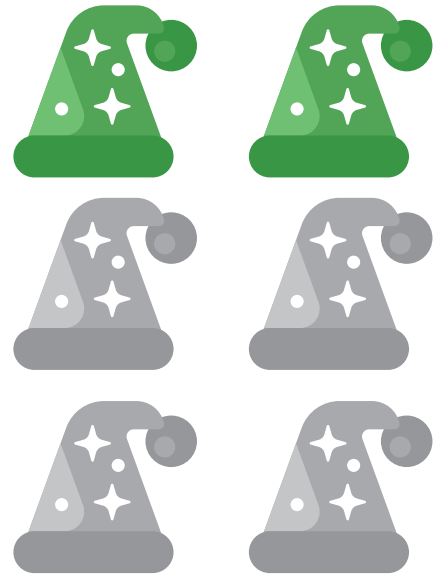
about

60

million American adults have sleep or wakefulness disorder.

& twenty two

million suffer from sleep apnea.



sleep apnea
is associated with



diabetes



asthma



acid reflux



high blood pressure



weight gain



heart failure



car accidents



HEART OF VININGS
DENTISTRY



OSA DEFINED

Obstructive Sleep Apnea is the cessation of air flow into the lungs for at least 10 seconds, while hypopnea is a decrease in airflow that occurs during sleeping.

Obstructive Sleep Apnea Screenings

Epworth Sleepiness Scale

- 0  would never doze
- 1  slight chance of dozing
- 2  moderate chance of dozing
- 3  high chance of dozing

STOP-BANG Questionnaire

- S** snoring loudly?
- T** tired daytime sleepiness?
- O** has anyone observed you stop breathing while you are asleep?
- P** treated for high blood pressure?
- B** BMI > 35?
- A** age over 50?
- N** neck circumference > 15.75 in?
- G** gender male?

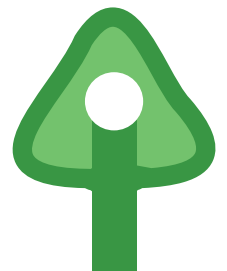
ORAL MANIFESTATIONS

bruxism	worn, chipped, cracked teeth
scalloped or large tongue	narrow palate
enlarged uvula	dry mouth

treatment



Oral appliances help prevent the collapse of the tongue and soft tissues in the back of the throat, keeping the airway open during sleep and promoting adequate air intake.



CPAP, or continuous positive airway pressure, is a treatment that uses mild air pressure to keep the airways open.

References

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