

Managing patient with Obstructive Sleep Apnea in General Dental Practice

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OSA is a common, under-diagnosed disorder characterized by repetitive episodes of nocturnal breathing cessation due to upper airway collapse, mostly due to decreased space. The condition could lead to daytime somnolence and may predispose to significant cardiovascular morbidity and mortality. GDPs could be the first person to identify the condition. In severe cases, performing dental treatment could even trigger an episode of apnea. Currently, different treatment options are available – from devices to maintain nasal continuous positive airway pressure to those requiring space-creating surgeries like mandibular advancement, or Uvulopalatopharyngoplasty to advancing the hyoid by geniohyoid exclusively by maxillofacial surgeons.

Author in this presentation will outline the clinical

features, diagnostic modalities of OSA including nasal endoscopy, imaging, sleep studies and demonstrate the treatment planning with appropriate cases from his case files.

The presentation will help the GDP to identify OSA and provide idea for management or ideally referring to specialists.

Learning Objectives:

1. Help the GDPs to identify the OSA and its impact on dentistry as well as quality of life
2. Help GDPs to provide proper directions to treatment of OSA including specialist referral
3. Help GDPs to institute proper treatment for milder forms of OSA

Keywords :

Sleep Apnea; Oxygen deprivation; Sleep dentistry