

Poster journal

Ease the Wheeze

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Commentary:

Obstructive sleep apnea (OSA) is characterized by the cessation of air flow during sleep due to an obstruction in the nasopharyngeal/oropharyngeal region. Many episodes of apnea may take place within a span of minutes leading to arousal of the patient from his/her sleep in an attempt to increase the amount of air flow. Apart from inadequate hours of sleep, this also results in a deteriorated quality of sleep. Sleep apnea can be caused due to many factors and many treatment modalities have been employed to correct this disorder including mandibular advancement appliances¹, polysomnographs, and surgical intervention. Best results, however, have been seen with the use of the mandibular advancement appliances. This poster highlights the role the orthodontist plays in the diagnosis and treatment planning of OSA patients.

References

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