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## **Restoring functional breathing in dental patients**

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Dysfunctional breathing may complicate inflammatory conditions and impair quality of life. One of the easiest ways to identify a patient with dysfunctional breathing is to note whether they are a mouth breather however, this is only one aspect of many that we can explore and learn more about. As health professionals it will help us to understand the acuteness of inflammation in certain clients and its relation to their breathing habits therefore, learning how to help them overcome that. Due to the fact that as dental practitioners we are able to see our patients a lot more frequently than other health professionals it would be ideal if we equipped ourselves with assessment tools, and solutions to dysfunctional breathing. Moreover, there are several methods that health professionals use for correcting breathing habits though this review will focus on Buteyko breathing techniques. The Buteyko method is named after its founder Doctor Konstantin Buteyko. It is the most effective drug-free approach for the management of asthma and other breathing related problems. This presentation will help you to understand the extent of effect of dysfunctional breathing, how to assess patients, and what practical advice you can provide for your clients.

### **Biography**

Sara Jawadi is an oral health therapist from Auckland, New Zealand. Graduated in 2008 with a BHSc in Oral Health from Auckland University of Technology and qualified in dental hygiene and therapy scopes, she worked in Auckland school dental services, and then moved to work in the private sector with a focus on prevention and minimally invasive health care. Through observations of patient's healthcare and personal health struggles, she started learning about dysfunctional breathing and eventually train as a Buteyko practitioner to help patients improve their breathing habits and therefore improve health issues related to that.

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