

Obstructive sleep apnea syndrome in the adult and pediatric population: Role of our profession in its diagnosis and management

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One third of the average life span of a human is spent on sleep and any interference with the normal architecture of sleep can lead to significant impairment of our functions. Obstructive sleep apnea syndrome (OSAS) spans all age groups and both sexes and is found throughout the world. It's a disease that not only leads to morbidity but also mortality as recent studies showed that patients diagnosed with the disease who didn't receive any treatment had higher mortality rates (2-3 times) compared to the general public. OSAS significantly affects quality of life in children and is found to lead to behavioral problems. Most of the clinical features of OSAS are in the oral and maxillofacial region and our profession can be at the forefront of diagnosing this disease and bringing awareness to the public about it. Also oral appliances are an integral part of the management of these patients.

This presentation will provide an overview of the significance of OSAS on morbidity and mortality, its incidence in the Middle East population, its pathophysiology and diagnostic work up including oral examination findings that suggest OSAS. Also management of OSAS and snoring will be reviewed including conservative therapy, oral appliances, potential role of orthodontics and finally surgical stages and techniques including robotic surgery.

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