

How do i approach my snoring patient at the office?

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Snoring is a common reason for consultation at the ENT Office, and there are so many causes of it. The snore is caused because of the turbulence of the air passage through the upper airway, and this turbulence, can be caused for many reasons that we, as ENT most study.

The principal problem with the snoring patient, is not only the noise, but lost of quality of live, for the patient and specially families, and with a possibility of a common bigger issue: The Obstructive Sleep Apnea.

Obstructive sleep apnea (OSA) is characterized by episodes of complete collapse of the airway or partial collapse with an associated decrease in oxygen saturation or arousal from sleep. This disturbance results in fragmented and nonrestorative sleep, which has significant implications for

multisystemic damage.

This activity will review the consequences of obstructive sleep apnea and highlights the role of the ENT management at the office, so we can give our patients a more complete approach and more treatment options.

Biography

Jessica Schwarts Pumar is an ENT Surgeon Graduated in Dr. Carlos Arvelo Hospital, Caracas, Venezuela, 2015. Sleep Surgery Fellowship in Monterrey, México, 2019. Sleep Medicine Fellowship Los Andes University, Santiago de Chile. ENT and Sleep Surgeon at Hospital Las Higueras, Talcahuano, Chile, since 2019. Founding Member and Council Member of The Iberoamerican Sleep Surgery Society. 2020-2021-2022. Member of The International Sleep Society, 2020 -2021-2022. Member of The European Sleep Society, 2021- 2022 Member of the Pediatric Sleep Association, 2021.

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