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Obstructive Sleep Apnea -Prosthodontic Management

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ABSTRACT:

Background: About 3-7% of adult men and 5-6% of adult women in India suffer from obstructive sleep apnea. The prevalence of sleep-disordered breathing increased over the past few decades due to changes in lifestyle and many other reasons. Obstructive sleep apnea (OSA) is a disturbance in standard sleep patterns, and when combined with excessive daytime sleepiness, termed obstructive sleep apnoea syndrome. OSA can lead to systemic, dental, and psychological problems if left untreated.


Purpose: This article aims to briefly describe obstructive sleep apnea and its prosthodontic management, including recent advances.

Materials and Methods: Electronic database searches were performed using MeSH terms and specific keywords. The investigations were confined to full-text articles published in peer-reviewed journals.

Results: 23 studies were included in the present review; among them, 17 are review articles, 6 are research articles

Conclusion: Many treatment options were found effective with obstructive sleep apnoea. Continuous positive airway pressure therapy is the gold standard; however, there is a decreased adherence that reduces the potential benefit of this device. American Academy of sleep medicine introduced oral appliances for mild to moderate obstructive sleep apnoea, emphasizing the prosthodontist role. Oral appliances like mandibular advancement device, Tongue retaining, and soft palate lifting prosthesis provide better non-invasive treatment for OSA rather than a tedious surgical procedure.

Keywords: polysomnography, Mandibular advancement device, Tongue retaining device, watch pat, lucohybrid.

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