

Sleep Apnea Notes

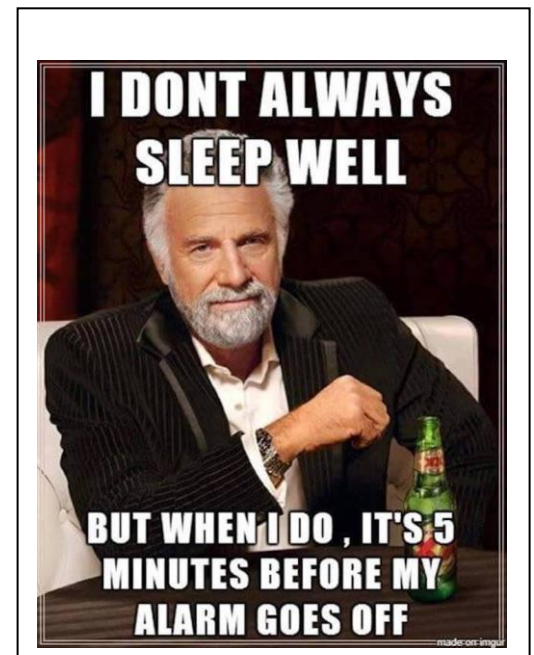
Dr. Kent Smith – June 6, 2019

Just a Few Items to Know

- OSA = Obstructive Sleep Apnea
- CSA = Central Sleep Apnea
- AHI or RDI = # of times you stop breathing per hour
- 0-5 = no apnea
- 5-15 = mild apnea
- 15-30 = moderate apnea
- >30 = severe apnea
- Desaturation = a loss of oxygenated hemoglobin after an apneic event

What We Look For

- Large necks
- Small or recessed chins
- Overbite or Shimbashi < 18 mms
- Weight
- Scalloped tongues
- Eroded enamel
- Enlarged tonsils
- Decreased inter-molar distance with vaulted palate
- Tongue bars/studs
- Maxillary splints
- Full Dentures
- Bruxism



Physical Examination Predictors of OSA

- Crico-mental space < 1.5 cm

(Turkey Wattle)

- Pharyngeal grade > II
- Overbite

With all 3, there is a positive predictive value of 95%

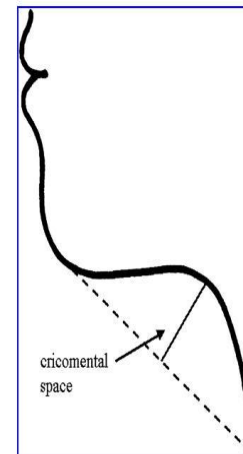
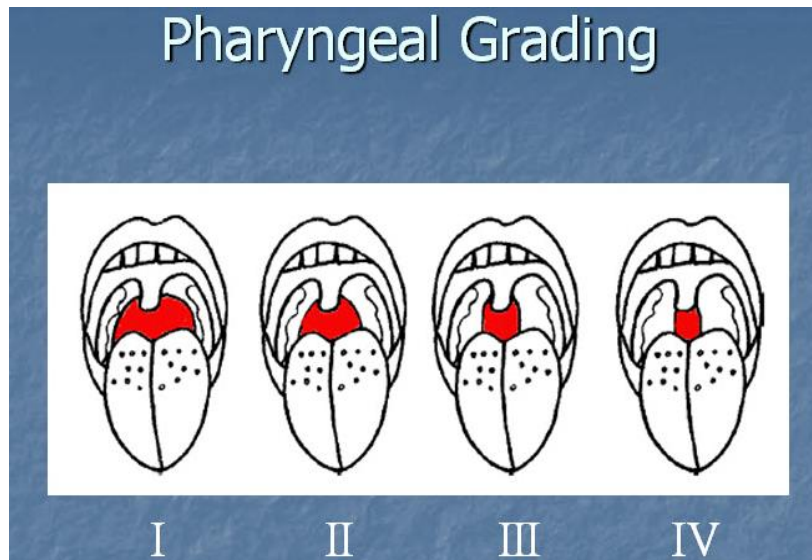


Figure 1. Assessment of the crico-mental space. Use a thin ruler to connect the cricoid cartilage to the inner mentum. The crico-mental line is bisected, and the perpendicular distance to the skin of the neck is measured.

Snoring is Pathological!

Heavy snoring as a cause of carotid artery atherosclerosis (*Sleep*. 2008 Sep 1;31(9):1207-13.)

Independent Predictors of Myocardial Infarction

Risk Factor	Odds Ratio
Standard	1.0
Overweight	7.1
Hypertension	7.8
Smoking	11.1
OSA	—

Treatment Options

- PAP Therapy
- Oral Appliances (MAD, OAT, MAS, etc)
- Surgery
- Breathe Rite Strips
- Bed Tilt

Practice Management in Sleep

- Offer financing (Care Credit, Compassionate Finance, etc..)
- Communicate with MDs
- Follow up with patients
- RX from MDs
- Dental Writer or DS3
- Your Web Site
- Solution Reach / Lighthouse / Demand Force
- Blog, Welcome Wagon, Mailers, Brochures, E-Newsletters, Health Fairs
- 3rd Part Medical Billers
 - GoGo Billing
 - Brady Billing
 - DS3
 - Pristine
 - Others

Contact Information

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