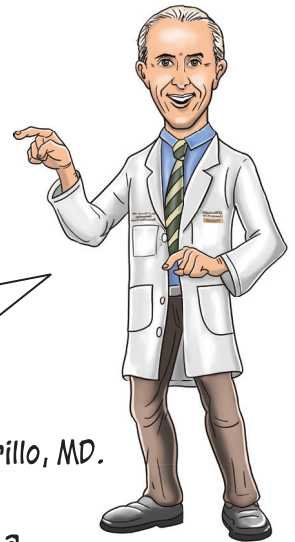




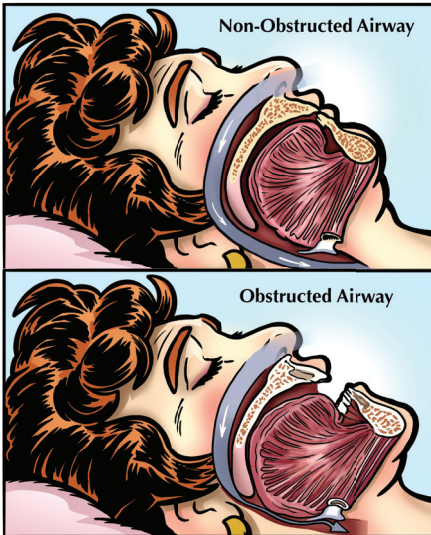
Washington University in St. Louis

Obstructive Sleep Apnea

It's important to work with a healthcare professional to determine the appropriate treatment plan for Obstructive Sleep Apnea. Left untreated, OSA can lead to serious complications, such as high blood pressure, heart disease, stroke, and depression.



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Diagnosis: Obstructive sleep apnea (OSA) is a condition that causes repeated episodes of partial or complete blockage of the upper airway during sleep, leading to interrupted breathing and reduced oxygen levels.

The diagnosis of OSA typically involves a combination of a physical examination, medical history, and sleep study.

A healthcare professional may evaluate the patient's airway, neck size, and oral anatomy, as well as inquire about symptoms, such as loud snoring, daytime sleepiness, morning headaches, and difficulty concentrating. A sleep study, which can be done at home or in a sleep lab, may be used to monitor breathing patterns, heart rate, oxygen levels, and other factors during sleep.

Management: The management of OSA depends on the severity and underlying cause of the condition. Here are some common treatments:

1. Lifestyle changes: Certain lifestyle modifications, such as weight loss, regular exercise, and avoidance of alcohol and sedatives, can help reduce the severity of OSA.



2. Continuous Positive Airway



Pressure (CPAP): A CPAP machine is the most common treatment for moderate-to-severe OSA. It works by delivering a steady stream of air through a mask worn over the nose and/or mouth to keep the airway open during sleep.

3. Oral appliances: Certain types of dental devices or mouthguards can be worn during sleep to help keep the airway open by repositioning the jaw or tongue.



4. Surgery: In some cases, surgery may be recommended to remove excess tissue, stimulate the tongue, or reposition the jaw to open the airway. Surgery may be considered if other treatments have been ineffective or if there are other underlying structural abnormalities contributing to the airway blockage.

