

INDICATIONS FOR THE USE OF MANDIBULAR ADVANCEMENT DEVICES IN PEOPLE WITH OBSTRUCTIVE SLEEP APNEA SYMPTOMS

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Obstructive sleep apnea (OSA) is a sleep disorder resulting from repetitive narrowing and collapse of the upper respiratory tract. The results of previous epidemiological studies confirm the significant impact of OSA on health situation around the world. Untreated OSA is associated with many adverse health effects, such as hypertension, coronary artery disease, stroke, atrial fibrillation, congestive heart failure and daytime sleepiness. Excessive mortality of OSA patients, especially men under 50 years of age, associated with advanced disease, obesity, cardiovascular complications and a greater risk of road accidents is a phenomenon that requires an urgent extension of the diagnostic-therapeutic database dealing with this problem. It is generally estimated that in adult population OSA occurs in 4% of men and in 2% of women.

In recent years, intraoral devices have become an increasingly common method of treatment of OSA and snoring. Nevertheless, the use of devices producing continuous positive airway pressure (CPAP) remains the most effective method. However, intraoral devices have the advantage of not requiring a source of electricity and are less troublesome in everyday use. Intraoral devices are well tolerated by the majority of patients and their therapeutic efficacy is confirmed. Due to their more common use, the purpose of this work is to present indications, recommendations and procedures during the performance of intraoral devices, especially taking into account a masticatory organ conditions. The side effects of their use have also been described, with the effect of devices on the entire stomatognathic system.