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TREATMENT OPTIONS FOR PEDIATRIC PATIENTS WITH OBSTRUCTIVE SLEEP APNEA (OSA): INDICATIONS, PROS, CONS, AND ORTHODONTIC CONSIDERATIONS

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Aim: The purpose of this to review currently available treatment options for pediatric patients with Obstructive Sleep Apnea (OSA). Overview descriptions, indications, advantages, disadvantages, and orthodontic considerations are reviewed.

Methods: A comprehensive literature review examining current treatment methods for pediatric patients with sleep-disordered breathing conditions such as Obstructive Sleep Apnea (OSA) was conducted. Electronic database searches were conducted to identify the most commonly-used treatment modalities in the treatment of pediatric sleep-disordered breathing. Similar searches were then conducted separately for each of the identified treatment methods to review indications, clinical procedures, outcomes, advantages, disadvantages, and alternatives.

Results: Four primary treatment modalities were identified and selected for detailed review. These were Tonsillectomy/Adenoidectomy, PAP therapy, oral appliances, and orthognathic surgery. The individual characteristics of these treatment methods are reviewed and comparisons are made with regards to success rates, long-term prognosis, invasiveness, cost, and patient acceptance.

Conclusions: This review serves to summarize current knowledge on the treatment of pediatric sleep-disordered breathing. Current mainstream treatment modalities for these conditions vary in effectiveness, with more invasive procedures being generally more effective. The morbidity and risks of invasive procedures such as tracheostomy, tonsilloadenoidectomy, and orthognathic surgery, make other non-invasive treatment options (PAP, oral appliances) more attractive. Proper case selection, clinical training, and patient cooperation are critical to the success and predictability of any of these treatment modalities.

(* Presenter)