



## CFAO GRADUATE STUDENT POSTERBOARD ABSTRACTS

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### Long-term periodontal changes in treatment with OAm (Oral Appliance)

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**Purpose:**

This retrospective, in-vivo, clinical and cephalometric observational study will evaluate the periodontal changes associated with proclination of the mandibular incisors following use of oral appliance (OAm) for five or more years, in individuals with obstructive sleep apnea (OSA).

**Abstract:**

Obstructive sleep apnea (OSA) is a common disorder related to sleep disordered breathing. Contemporary conservative management of OSA commonly involves use of nasal continuous positive airway pressure (CPAP) or oral appliance (OAm).

OAm is being used commonly for patients with OSA and snoring with greater patient adherence. OAm use may have to continue through the life of an individual with OSA. Long term use of OAm leads to various dental and skeletal changes.

Proclination of the mandibular incisor has been associated with the gingival recession in the orthodontic literature. OAm have a side effect of mandibular incisor proclination. OAm may be used for life and the dental changes are progressive. As a result, proclination of the mandibular incisor may lead to gingival recession.

This study therefore aims to assess the periodontal condition of mandibular incisors in individuals who have been using OAm for a minimum period of at least 5 years.

The findings of this study will aid clinician in determining the long-term outcomes of OSA patients using OAm. This will also help patient and clinician in determining the best treatment alternative.