



28th Sthapana Divas

SNORING AND OBSTRUCTIVE SLEEP APNEA

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Snoring and Sleep Apnea by Dr. Wani

Snoring and Obstructive Sleep Apnea



Breathing problems while you sleep

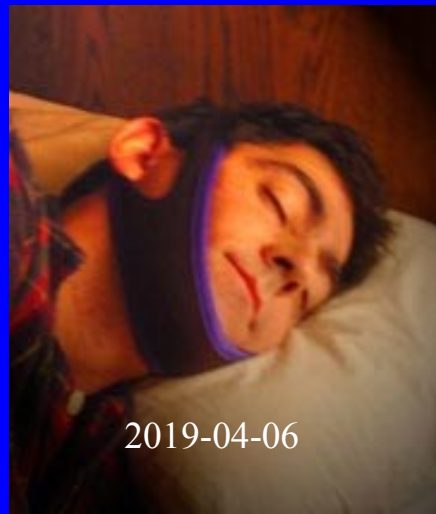
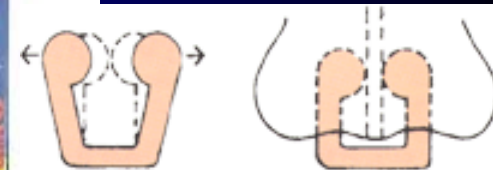
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Snoring and Sleep Apnea by Dr. Wani

Snoring

- Not funny, not hopeless
- Adults: 25-45% snore
- Air passage is partially blocked and throat tissues vibrate and rattle
- Serious?
- >300 devices patented





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Snoring and Sleep Apnea by Dr. Wani

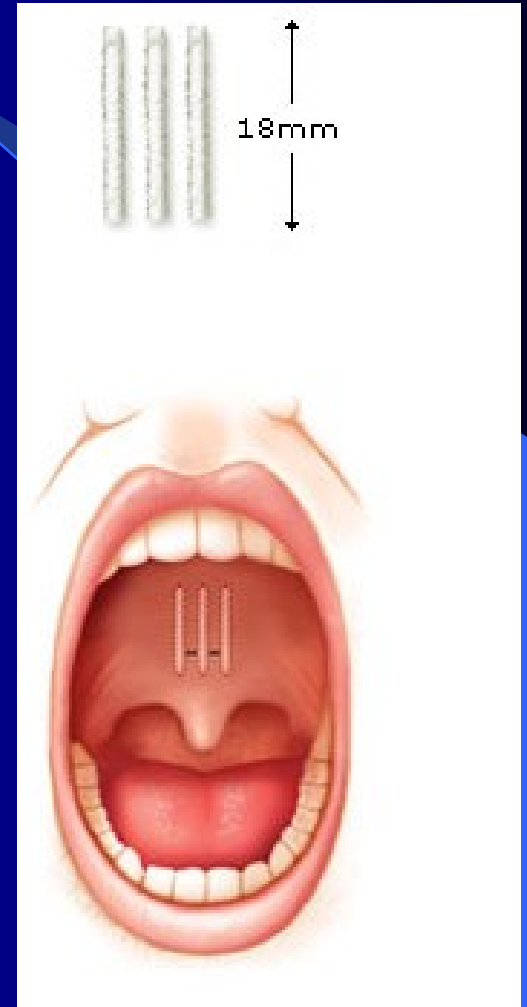
Snoring - Treatment

- *Uvulectomy*
- *Somnoplasty (radiofrequency ablation)*
- *LAUP (laser assisted uvuloplasty)*
- Pillar Implants
- Injection Snoreplasty



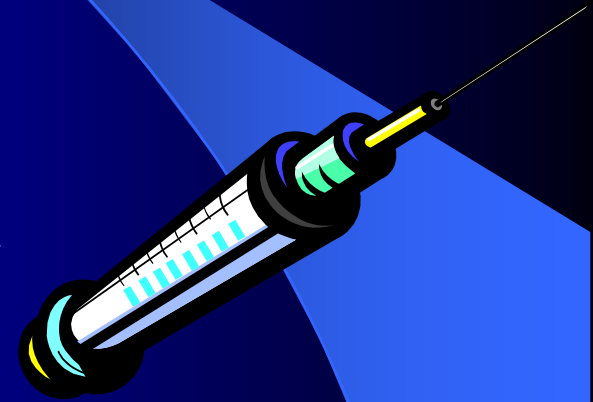
Pillar Implants – Restore Medical

- 3 tiny polyester implants
- Inserted into soft palate
- In office procedure
- Highly effective (80%)
- \$1750 (not covered by insurance)
- *Must pass a sleep study*



Injection Snoreplasty

- Painless
- In-office procedure (15-30 minutes)
- “peanut butter” on the palate for one week
- Highly effective (70-80% success rate)
- \$500 (*not covered by insurance*)
- *Must pass a sleep study*



OBSTRUCTIVE SLEEP APNEA

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What is Obstructive Sleep Apnea? (OSA)

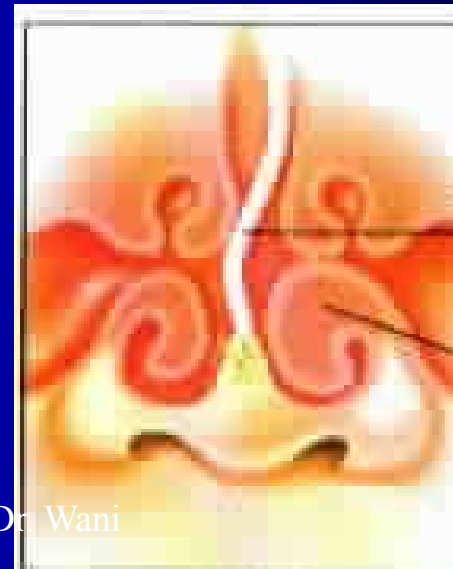
- Greek word, apnea, meaning “want of breath.”
- Serious, potentially life-threatening condition
- Disorder characterized by brief interruptions of breathing during sleep.
- Occurs when air cannot flow into or out of the person’s nose or mouth although efforts to breathe continue.

Who Gets OSA?

- All age groups
- Both sexes but is more common in men
 - Prevalence: 4% males: 2% females
- Approx. 18 million people in US have sleep apnea.
- Upper body obesity (40% normal IBW)
- Genetics (APOE4 gene)

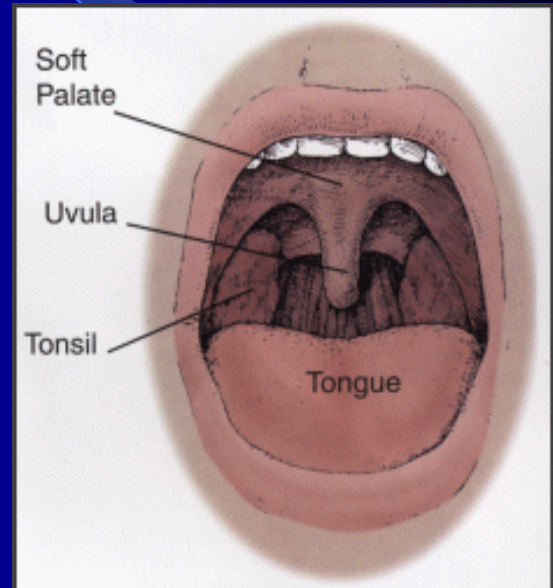
What Causes Sleep Apnea?

- Tonsillar hypertrophy
- Elongated uvula
- Redundant pharyngeal folds
- Large tongue
- Micrognathia
- Deviated septum/turbinate hypertrophy



Pediatric OSA

- Prevalence 10%
- Etiology
 - Adenotonsillar hypertrophy (>90%)
 - Anatomic
 - Neuromuscular
 - Miscellaneous
- Diagnosis
 - History and exam
 - Sleep study (very rare)



Pediatric OSA

- Symptoms
 - Snoring/apnea
 - Nocturnal enuresis
 - Mouth breathing
 - Abnormal daytime behavior
 - Hypersomnolence
 - Frequent URIs
 - School and learning problems

Pediatric OSA

- Treatment – Surgery
 - >99% success rate

Tonsillectomy and Adenoidectomy

Adult Obstructive Sleep Apnea (OSA)

- Serious, life threatening
- “Heroic” snoring
- Structures completely block the throat
- Frequent awakenings
- Patient usually not aware



Consequences of Sleep Apnea?

- Hypertension
- CVA (strokes)
- Poor overall health and quality of life
- Learning and memory difficulty
- Mood and affect disorders (depression/irritability)
- Motor vehicle accidents

When Should Sleep Apnea be Suspected?

- Loud heavy snoring
- Gasping/choking for breath
- Unrefreshing sleep
- Excessive daytime somnolence/fatigue
 - Falling asleep while driving, working, or watching TV

How is OSA Diagnosed?

- Comprehensive ENT evaluation with fiberoptic exam
- *Polysomnography (Sleep Study)*
 - RDI (respiratory disturbance index)
 - (Apneas + hypopneas)/# hours of sleep
 - LSAT (Lowest blood oxygen saturation)



Example of an Apneic Event



Classification

<u>OSAS severity</u>	<u>RDI</u>	<u>LSAT</u>
Normal	<5-10	>95
Mild	10-20	85-95
Moderate	20-40	80-85
Moderate-severe	40-60	70-80
Severe	>60	<70

Treatment

- Lifestyle changes
- CPAP
- Oral Appliances
- Surgery

Lifestyle Changes

- Avoid alcohol and certain medications
- Proper diet
- Lose weight
- Exercise regularly
- Unblock your nose



CPAP

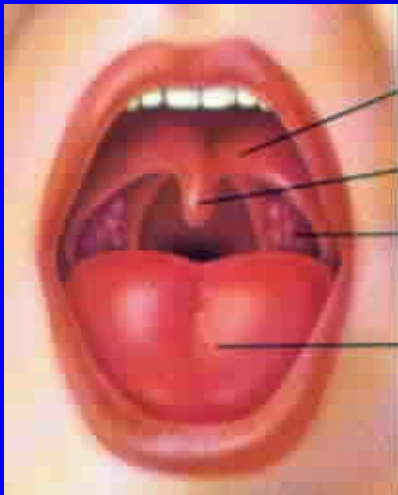
- o Continuous positive airway pressure
- o Like a pneumatic collar
- o Pneumatically inflated
- o Gold Standard (100% success)
- o Have to use all night, every night

compliance!!!



Surgery

- UPPP (uvulopalatopharyngoplasty)
 - Remove uvula and trim soft palate



Surgery

- Nasal
 - Septoplasty
 - Turbinate surgery



Surgery

- Surgery

- Tongue base advancement
 - Radiofrequency ablation
 - Genioglossus advancement
 - hyoidopexy
- Maxillomandibular advancement
- Tracheostomy

Conclusion

- Snoring can be annoying
- Sleep apnea is serious and lethal
- ENT evaluation and Sleep study is diagnostic
- Multiple treatment options
- Work with your doctor
- Goal is for quite, restful sleep for all

Additional Information

- www.texasent.com
- www.aaohns.org
- www.sleepapnea.org
- www.apnea.net

Rhinitis



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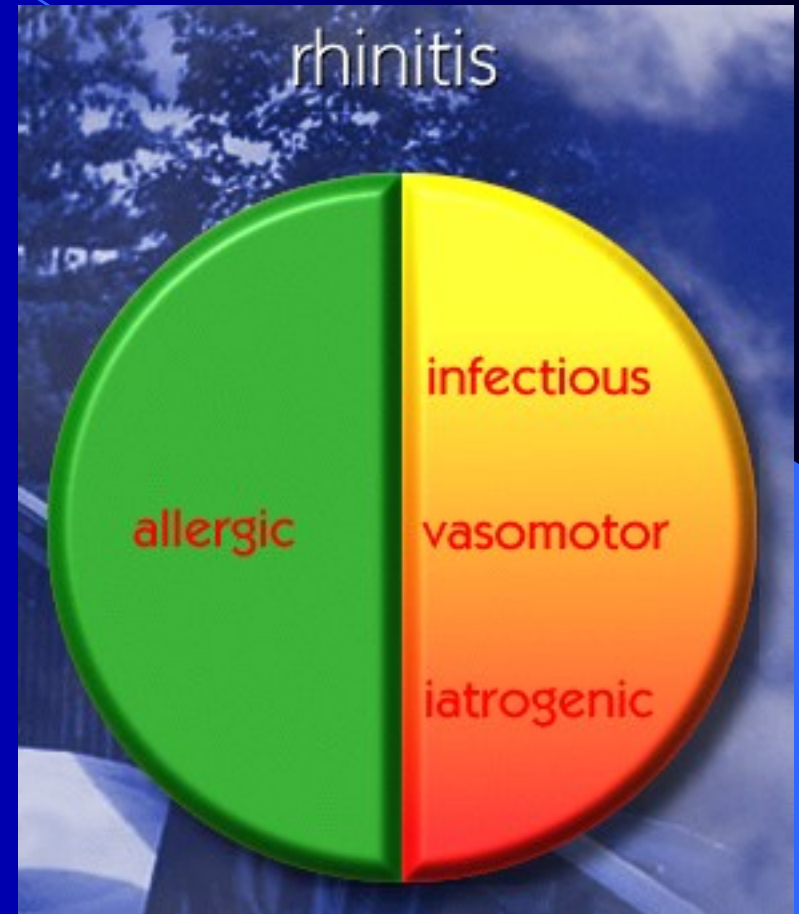
Definition of Rhinitis

-inflammation of the lining of the nasal cavity and the paranasal sinuses.

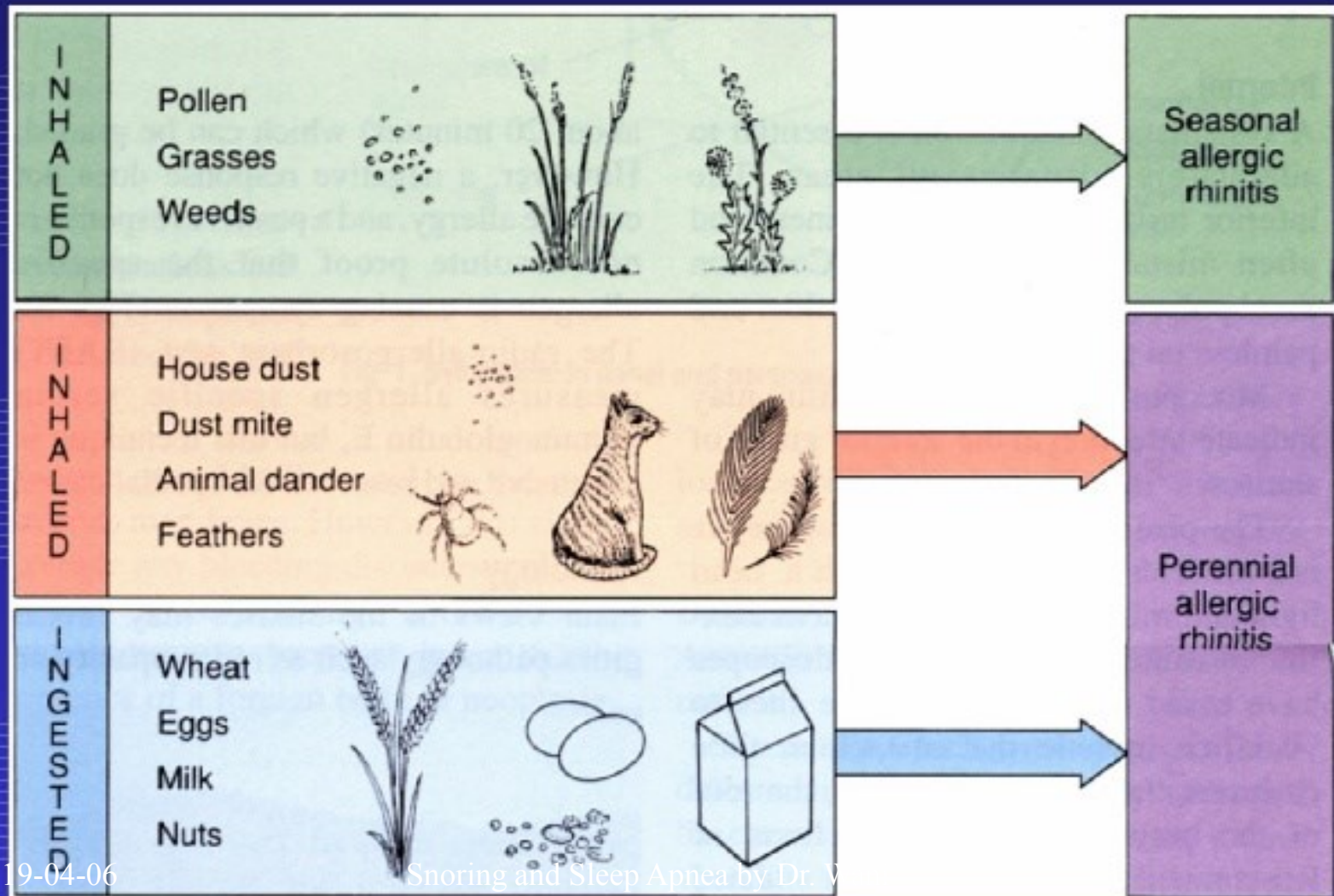


Classification of Rhinitis

- Allergy
 - Seasonal ,Perennial, food related ,drug induced
- Infectious
 - Acute
 - Chronic

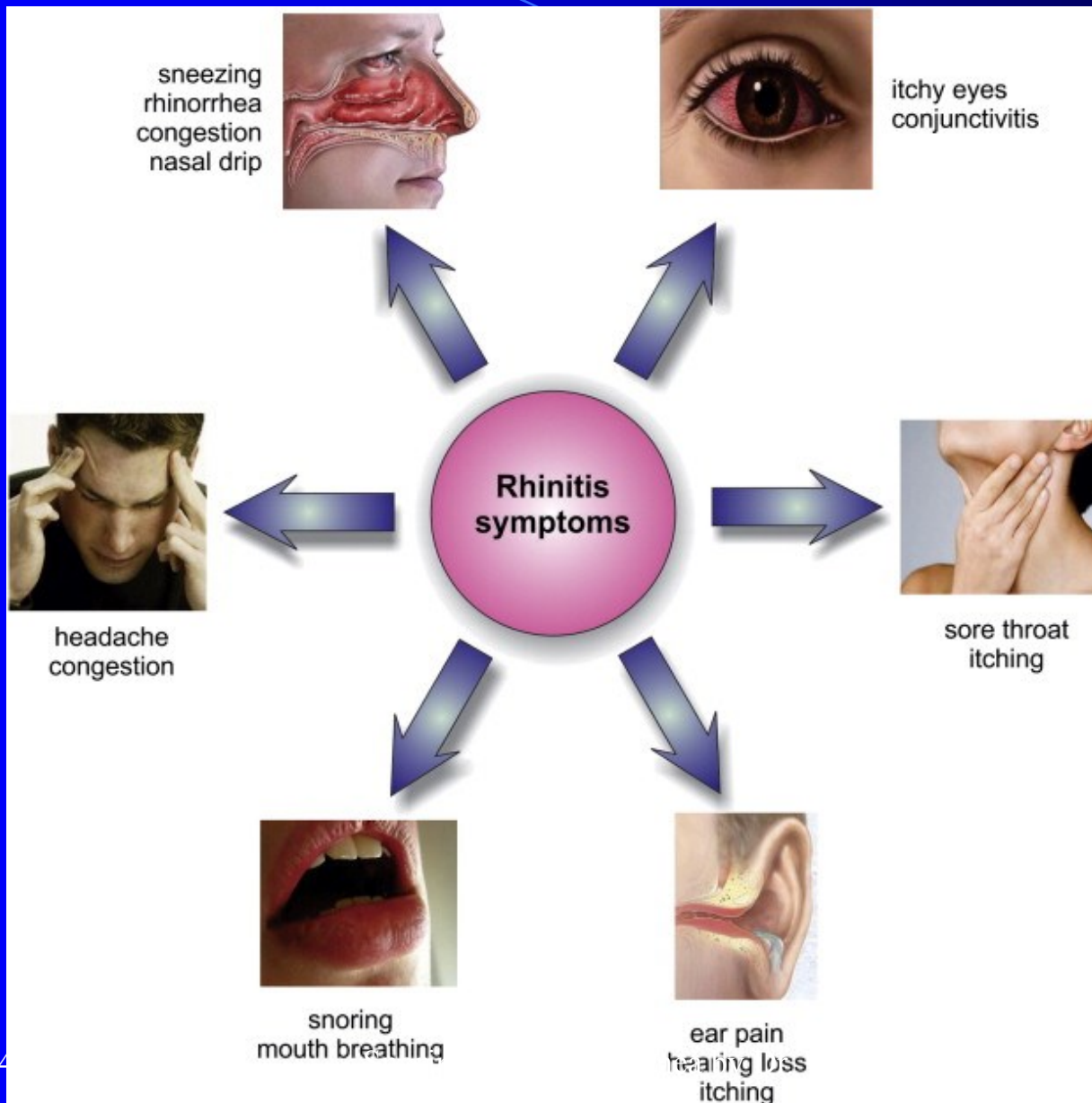


Causes of Allergic Rhinitis

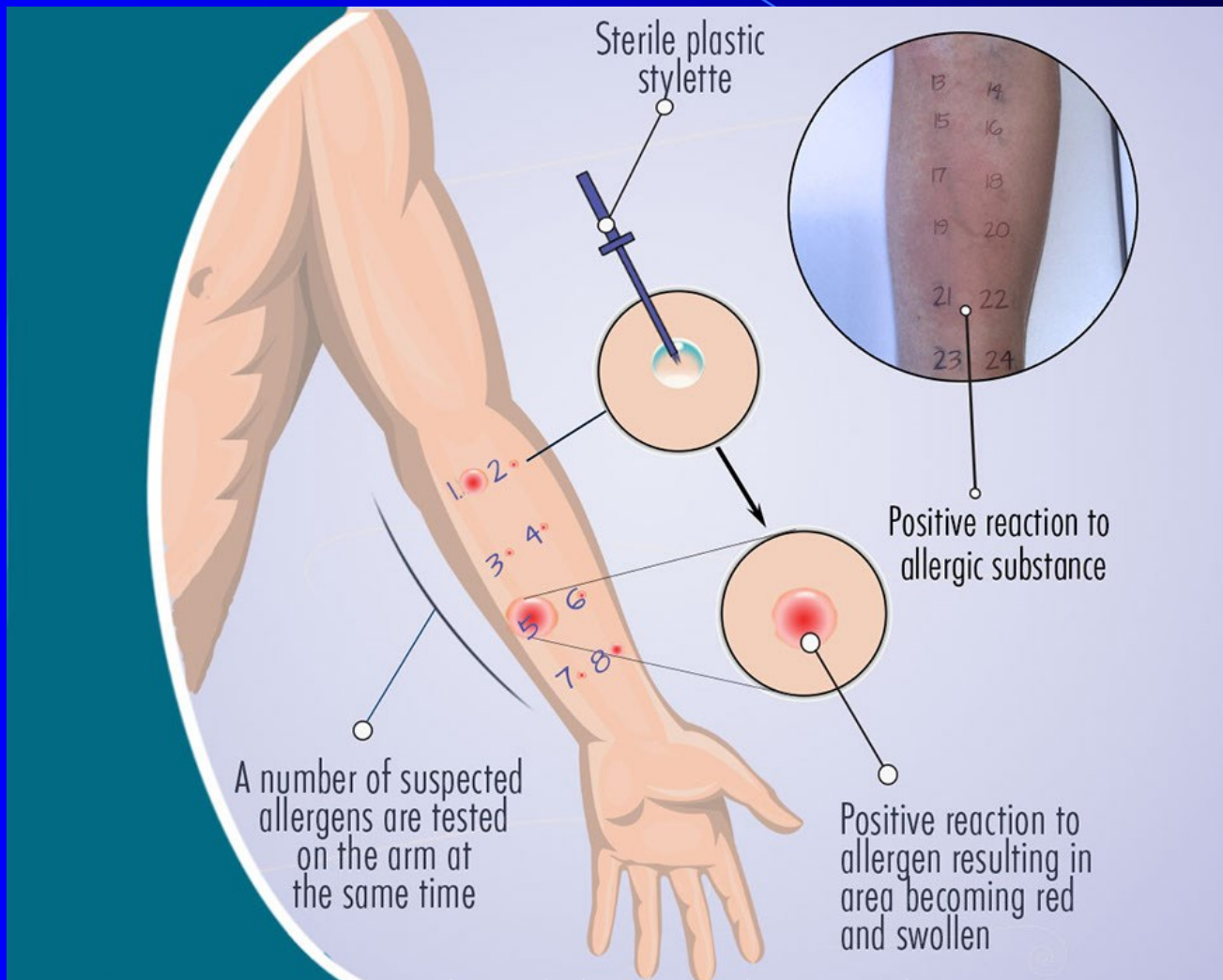


Allergic Rhinitis





Diagnosis: Skin prick test

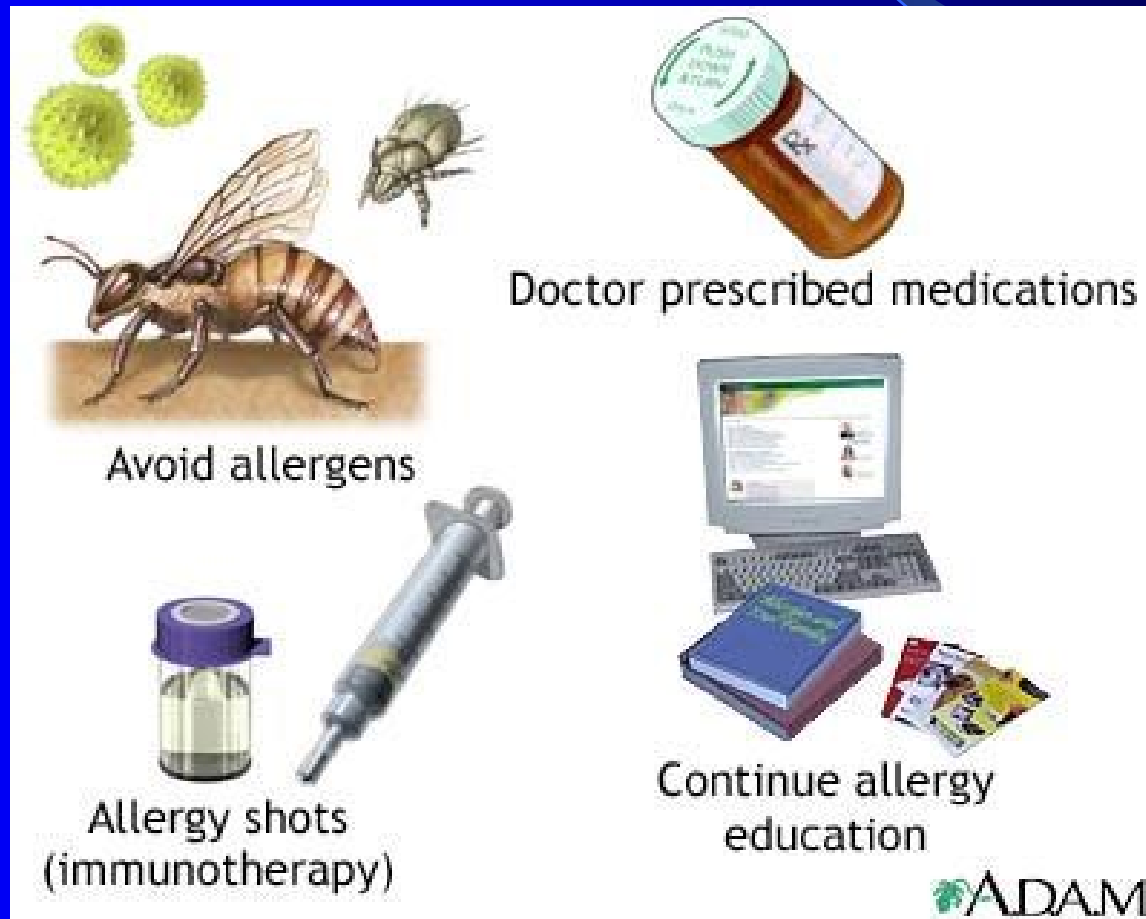


Laboratory tests:

- Laboratory tests:
 - RAST testing



Treatment



Treatment

- ◆ Intranasal steroids
Flonase, Nasacort, etc
- ◆ Antihistamines
Claritin, Zyrtec, Allegra
- ◆ Leukotriene-receptor antagonist
Singulair/Montelukast

ALLERGIC RHINITIS TREATMENTS

CORTICOSTEROID			ANTIHISTAMINE	ANTIHISTAMINE/ CORTICOSTEROID	SALINE
 Flonase fluticasone propionate 120mg	 Nasacort triamcinolone acetonide 110mg	 Dymista azelastine hydrochloride + corticosteroid 110mg	 Allegra fexofenadine hydrochloride 180mg	 Dymista azelastine hydrochloride + corticosteroid 110mg	 FESS isotonic saline 120mg
 Beconase beclomethasone dipropionate 120mg	 Rhinocort budesonide 110mg	 Nasomax mometasone furoate 110mg	 Zyrtec cetirizine hydrochloride 10mg	 Atrovent ipratropium bromide 18mg	 FESS isotonic saline 120mg
 Singulair montelukast sodium 10mg			 Zyrtec cetirizine hydrochloride 10mg	 Atrovent ipratropium bromide 18mg	 FESS isotonic saline 120mg

This chart shows the main intranasal treatment options available in Australia. Check TGA-approved product information for indications and precautions. Developed independently by the National Asthma Council Australia with support from Mylan Health.



National Asthma Council Australia
 leading the attack against asthma

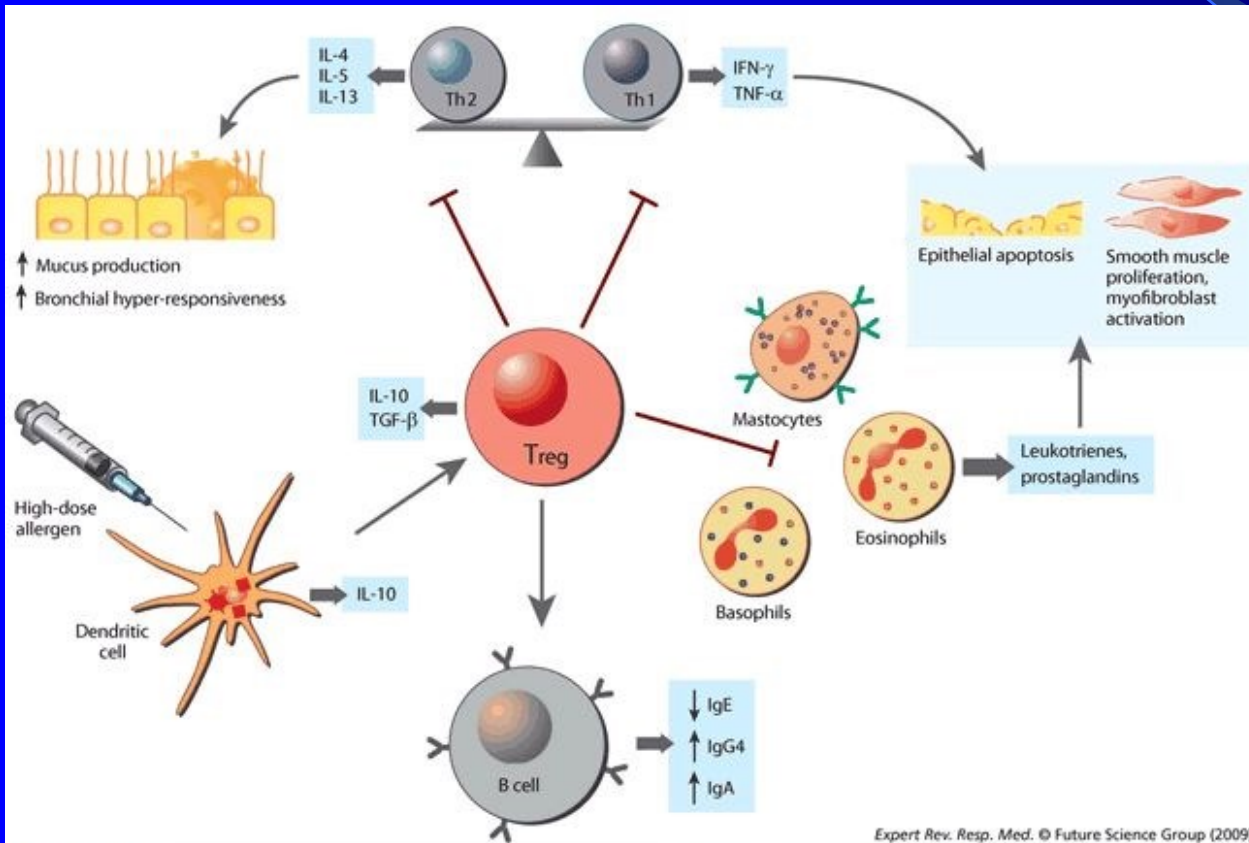
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RESOURCES

National Asthma Council Australia
 "How-to" videos for nasal spray technique
 Clinical recommendations for asthma & allergies
 Patient advice, fact sheets and brochures
nationalasthma.org.au

*Available by prescription only. Check TGA and RPPS for current criteria.

Immunotherapy



➤ Scit

➤ Slit

Surgery

- Septoplasty
- Turbinate reduction surgery
- Endoscopic sinus surgery
- Nasal Polypectomy
- Balloon Sinuplasty





Thank you