

Surgery for Sleep Disordered Breathing: When Conservative Treatments Fail



Surgery for Sleep Disordered Breathing by Jonathan Micieli

★★★★★ 5 out of 5

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What is sleep disordered breathing?

Sleep disordered breathing (SDB) is a condition in which breathing is interrupted during sleep. This can lead to a number of health problems, including:

* Excessive daytime sleepiness * Fatigue * Impaired concentration and memory * Mood swings * High blood pressure * Heart disease * Stroke * Death

There are two main types of SDB: obstructive sleep apnea (OSA) and central sleep apnea (CSA). OSA is the more common type, and it occurs when the airway is blocked during sleep. CSA occurs when the brain does not send the proper signals to the muscles that control breathing.

Conservative treatments for SDB

The first line of treatment for SDB is usually conservative treatments, such as:

- * Lifestyle changes, such as losing weight and avoiding alcohol and caffeine before bed
- * Oral appliances, which are worn in the mouth to keep the airway open
- * CPAP (continuous positive airway pressure) therapy, which delivers pressurized air to the airway through a mask
- * Surgery

When is surgery for SDB necessary?

Surgery may be necessary for SDB if conservative treatments have failed to improve symptoms. Surgery may also be an option if you have severe SDB and are at high risk for health problems.

Types of surgery for SDB

There are a number of different surgical procedures that can be used to treat SDB. The type of surgery that is best for you will depend on the severity of your SDB and the underlying cause of your condition.

Some of the most common types of surgery for SDB include:

- * Uvulopalatopharyngoplasty (UPPP): This procedure removes tissue from the back of the throat, including the uvula, soft palate, and tonsils. UPPP is often used to treat mild to moderate OSA.
- * Maxillomandibular advancement (MMA): This procedure moves the upper and lower jaws forward to widen the airway. MMA is often used to treat moderate to severe OSA.
- * Tracheostomy: This procedure creates a hole in the neck and inserts a tube into the trachea (windpipe). Tracheostomy is often used to treat severe OSA or CSA.

Pros and cons of surgery for SDB

Surgery for SDB can be an effective treatment, but it is important to weigh the pros and cons before making a decision.

Some of the pros of surgery for SDB include:

* It can be a permanent solution to SDB. * It can improve sleep quality and daytime alertness. * It can reduce the risk of health problems associated with SDB.

Some of the cons of surgery for SDB include:

* It can be expensive. * It requires anesthesia and hospitalization. * It can have side effects, such as pain, swelling, and bleeding. * It may not be effective in all cases.

Surgery for SDB can be an effective treatment for people who have not responded to conservative treatments. However, it is important to weigh the pros and cons of surgery before making a decision. If you are considering surgery for SDB, talk to your doctor about the risks and benefits involved.



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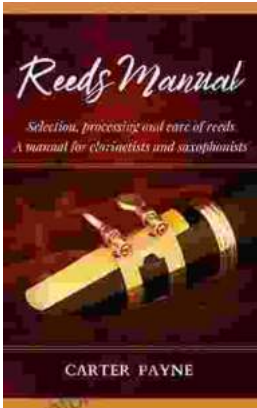
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