

BÖLÜM 33



Obstrüktif Uyku Apne Sendromu Tedavisinde Diş Hekimliğinin Rolü

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GİRİŞ

Uyku apnesi, 10 saniyeden uzun süren ve uykuda saatte 5 defadan fazla meydana gelen solunum durması (apne) veya hava akımı azalması (hipopne) ile tanımlanır (1). Obstrüktif uyku apnesi sendromu (OUAS), toplum tarafından gün geçtikçe bilinirliği artan ve toplumun yaklaşık yetişkin popülasyonunun % 2 ila % 4'ünü etkileyen, yaygın bir hastalık haline gelmiştir (2).

Amerika Birleşik Devletleri'nde yapılan bir çalışmada 30 ila 49 yaşındaki erkeklerin %10'unda ve 50 ila 70 yaşındaki erkeklerin %17'sinde orta veya şiddetli OUAS (apne-hipopne indeksi [AHI] ≥ 15 /saat) tanımlanmıştır (3). Buna rağmen 30-49 yaş arası kadınların sadece %3'ü ve 50-70 yaş arası kadınların %9'unda hastalık tespit edilmiştir (3).

Üst hava yolu obstrüksiyonu, kraniyofasiyal problemler veya obezite durumu ile ilişkili ise obstrüktif uyku apnesi (OUAS) olarak sınıflandırılırken, beyinden gelen anormal solunum uyarılarından kaynaklandığında, merkezi uyku apnesi olarak sınıflandırılır (4).

İleri yaş, erkek cinsiyet, kalın ve kısa boyun, mikrognatı ve retrognatı gibi anomaliler, vücut kitle indeksinin yüksek olması, çeşitli ilaçlar, alkol ile sigara kullanımını OUAS'ın nedenleri arasındadır (5,6). Hareketsiz yaşam tarzı, uyku pozisyonu, yağlı yemekler ve akşam geç saatlerde yeme alışkanlıkları gibi bazı davranışsal alışkanlıklar veya yaşam tarzı faktörleri de OUAS riskine katkıda bulunabilir (7).

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