

Bölüm 13

OBSTRÜKTİF UYKU APNESİ VE ORTODONTİ

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GİRİŞ

Obstrüktif uyku apnesi (OUA) kısmi veya tam üst hava yolu obstrüksiyonu ile karakterize normal solunumu ve uyku düzenini bozan, uzun süreli bir hastalıktır. Günümüzde yaygın olarak görülen ve yaşam kalitesini düşüren bir sağlık sorunudur. Yetişkinlerde görüldüğü gibi pediatrik popülasyonda da görülmektedir. OUA teşhisi temel bir öneme sahip olamakla birlikte tedavisi farklı uzmanlık alanlarını içeren iş birliği gerektirmektedir. Diş hekimi ve ortodontistler de OUA tanı ve tedavi ekibinin bir parçası olmalıdır. Çeneler arası ilişkilerin düzeltilmesi ve dentofasiyal estetiğin sağlanmasıyla ilgilenen ortodonti, klinik ve radyolojik değerlendirme yöntemleriyle OUA tanısında önemli rol oynamaktadır. Ayrıca erken dönem ortodontik tedaviler, ağız içi aparey kullanımı ve ortognatik cerrahi gibi tedavi yöntemlerini kullanarak OUA tedavisine multidisipliner olarak katkı sağlar.

TANIM VE GÖRÜLME SIKLIĞI

OUA, American Academy of Sleep Medicine (AASM)' nin hazırladığı, uluslararası uyku bozuklukları sınıflamasına göre “uyku sırasında tekrarlayan tam veya kısmen üst solunum yolu obstrüksiyonu ile karakterize, sıklıkla kan oksijen saturasyonunda azalma ve genellikle uykudan uyanmalar” şeklinde tanımlanmaktadır (1). Apne hava akışının tamamen durması iken hipopne ise hava akışının kısmi olarak (%30-50) azalmadır (2). Uyku saati başına ortalama apne ve hipopne sayısını ölçen apne-hipopne indeksi (AHI), tipik olarak hastalığın şiddetini tanımlamak için kullanılan en önemli parametrelerdendir. OUA, hafif (AHI 5-15), orta (AHI 15-30), veya şiddetli (AHI >30) olarak sınıflandırılabilir (3).

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burun solunumuyla birlikte üst solunum yolu tıkanıklığını önler (70). Bu nedenle ortodontistlerin OUA tedavisinde erken dönemde maloklüzyon ve kraniofasiyal ortopedik sorunları tedavi ederek oluşabilecek risk faktörlerinin engellenmesinin önemi büyüktür.

SONUÇ

OUA yaygın görülen, hastaların yaşam kalitesini engelleyen ve tedavisinde multidisipliner bir yaklaşım gerektiren hastalıktır. Ortodontik tedavi dental ve iskeletsel anomalileri tedavi ederek OUA için predispozan faktörlerin engellenmesinde, klinik muayene ve radyografilerle OUA tanısının tespitinde, ağız içi aparey kullanımı ve yetişkinlerde ortognatik cerrahi ile OUA tedavisinde önemli bir rol oynamaktadır.

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