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Obstructive sleep apnea in children: A dental perspective

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Obstructive sleep apnea (OSA) is a common disorder in children, affecting between 2-4% of the general pediatric population and with a much higher incidence in children with other underlying medical disorders. Untreated, OSA can have profound effects on behavior, cognition, development, and attention; and is associated with hypertension, insulin resistance, and heart disease. Dentists, orthodontists, and other oral-health professionals can play an important role not only in identifying children with OSA, but in its treatment as well, and a collaborative approach between oral-health professionals and medical doctors can result in better outcomes for these children. This talk will review the entity, pathophysiology, complications, and treatment of OSA in the pediatric population with special emphasis on the important role that dentist, orthodontists, and other oral-health professionals can play in its diagnosis and treatment, and in coordinating care with medical doctors.

Biography

Dennis Rosen is a Pediatric Pulmonologist and Sleep Specialist at Boston Children's Hospital, where he is an Associate Director of the Sleep-Disorders Program. He is an Assistant Professor of Pediatrics at Harvard Medical School. His areas of interest are sleep-disordered breathing in children with Down syndrome, and in improving medical outcomes through better communication between doctors and patients. He is the author of two books "*Vital Conversations: Improving Communication between Doctors and Patients*" (Columbia University Press, 2014), and "*Successful Sleep Strategies for Kids (Harvard Medical School Guide)*".

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