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## The role of dentists in pediatric obstructive sleep apnea

Obstructive Sleep Apnea (OSA) is a chronic disease characterized by the total collapse of the upper airway during the passage of air. These intermittent episodes of breathing can cause intermittent hypoxia and hypercapnia. This condition has a negative impact not only in the human body leading to hormonal changes (diabetes, insulin resistance and obesity), cardiovascular disease (arterial high blood pressure, atrial fibrillation, cardiac disease) and cognitive functions, behavior and performance but also a huge impact on the quality of life. Pediatric obstructive sleep apnea has a prevalence of 1 to 4% between the age of 2 to 8 years old, the most known main cause is tonsils hypertrophy, mouth breathers, skeletal growth pattern, weight gain and obesity. Beside the metabolic changes, in children OSA can cause bad school performance, behavior changes, irritability and hyperactivity which usually can lead to a diagnoses mistake of Attention Deficit Hyperactivity Disorder (ADHD). Dentists play a very important role and are in the first line not only to identify the skeletal growth pattern but also to apply treatment. In children early diagnoses and treatment of OSA, can provide great outcomes on cognitive and social patterns and increase school performance. Therefore Dentists must have knowledge on Sleep and Dental Sleep Medicine and should be part of the multidisciplinary sleep team.

## Biography

Susana Falardo Ramos is Doctor of Dentistry from the Egas Moniz Superior Institute, Lisbon-Portugal, as a Master Science degree on Myofunctional Therapy from the Superior Institute of Psicologic Studies Madrid-Spain and completed her PhD from Complutense University of Madrid-Spain. She has collaborated as a Professor on a research and an academic level in the Prevention and Public Health Program at the School of Dentistry at the Complutense University of Madrid-Spain, since 2015. In 2017 she became a Qualified Dentist by the European Academy of Dental Sleep medicine and in 2020 achieved the International Certificat by the American Board of Dental Sleep Medicine. She is a Board Member and Vice-President of the EADSM and a Scientific Committee member of the AADSM.



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