

THERAPEUTIC EFFICACY OF MANDIBULAR ADVANCEMENT DEVICES USAGE IN PATIENTS WITH SEVERE OBSTRUCTIVE SLEEP APNEA - PRELIMINARY REPORT

Monika Wojda, Jolanta Kostrzewa-Janicka*, Piotr Jurkowski, Elżbieta Mierzwińska-Nastalska

Department of Prosthodontics, Medical University of Warsaw, Poland

Obstructive sleep apnea (OSA) is defined as episodes of upper airway obstructions during sleep. The method of choice in conservative treatment of OSA is the use of devices that produce continuous positive airway pressure (CPAP). In patients with mild to moderate form of OSA, intraoral mandibular advancement devices (MAD) are used.

The aim of the study was to evaluate the therapeutic efficacy of MAD in patients with severe OSA. Material consisted of subjects selected from the group of 25 patients with severe OSA suffering from the inability to use CPAP. All patients underwent 3-fold polysomnographic (PSG) records: before treatment, with the MAD and CPAP. Patients filled out a questionnaire of Epworth Sleepiness Scale (ESS) twice.

In all patients the significant improvement of subjective symptoms after application of MAD was observed. Positive changes in the parameters evaluated in PSG were recorded in comparison to the initial state and to the results obtained after the use of CPAP.

Within the limitations of the study, the use of MAD can provide the sufficient treatment for people with severe OSA, in whom there is no possibility to use CPAP.

Key words: obstructive sleep apnea treatment, mandibular advancement device