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“The role of myofunctional therapy on pediatric osa ”

Snoring and OSAHS in children have attracted the attention of health professionals in general and of in particular, multidisciplinary medical team thanks to the innumerable associated comorbidities, as well as socio-economic and behavioral problems. SAHOS is a chronic disease with a high degree of morbidity and mortality, and in children it presents a high cognitive behavioral commitment, involving school performance and behavior.

It is consensual for the AADSM, EADSM and AAP that the diagnosis of snoring and SAHOS is made based on a clinical history and confirmed through PSG-Polysomnography. The cephalometric analysis has been considered as an important method in the diagnosis, providing craniofacial characteristics and serving as a predictive orientation for growth. These respiratory sleep disorders are characterized by varying degrees of decreased space of the vas, caused by anatomical and functional factors.

It is now known from published studies that respiratory function is widely implicated in the existence or development of these pathologies, which condition the growth and positioning of the structures of the facial skeleton and cervical posture.

The proposed treatment passes through the intervention of a multidisciplinary team in which the Pediatrician, Otolaryngologist, Orthodontist, specialists in Sleep Medicine and Speech Therapist, play an important role in the diagnosis, treatment and reeducation of facial gold muscle. The latter, in recent years assumes an important performance in the myofunctional evaluation of the facial muscle structures and upper areas, as well as, in exercise and muscle reeducation, for the restoration of respiratory functions, chewing and swallowing, greatly altered in these pathologies. Myofunctional therapy today occupies an important part as a coadjuvant treatment with Preventive and Interceptive Orthodontics, as well as in the balance and muscular stability, reducing according to the academics, AADSM, EADSM and AAP the AHL.

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 Psychological Studies Madrid-Spain and completed her PhD from Complutense University of Madrid- Spain. She has collaborate 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 Certificant 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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