Disorders of respiratory airway from simple snoring to severe stridor

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Respiratory disorders are a big issue that affects around 60% of the population all over the world. It varies from simple snoring up to severe stridor which appears mainly during sleep. The cause of all respiratory disorders depends on obstruction, vibration or both. We can also find respiratory disorders in some rare cases like Obesity Hypoventilation Syndrome or Multisystem Disease. The respiratory events start with simple snoring without symptoms of dyspnea or hypopnea. It may extend to arousals due to respiratory efforts (RERAs Syndrome). With more and more distress, the hypopnea (decrease in Oxygen) appears till complete apnea occurs with awakened stridor. The most common sequence of events in sleep respiratory disorders can be summarized into the following: simple snoring which leads to the increase in upper airway resistance and finally ending in a group of syndromes like OSAS (Apnea, Hypopnea, RERAs). In another sequence, snoring leads to Uvular Oedema which feels like morning Obstructive Sleep Hypopnea Apnea Syndrome (Ob-SHAS). This leads to increase in Arterial Hypertension which causes daytime sleepiness. There are a lot of complications in OSAS which may be local complications in mouse, nose and chest or CVS complications like Erythema or Hypertension or psychological problems like dizziness or loss of consciousness or daytime sleepiness. One of the most common problems is how to exactly detect the size and site of the obstruction of air flow. There are several methods like full history of the patient and the partner, full clinical examination, full radiological examination or fiber-optic endoscopic examination. The treatment is either medical or surgical according to the case.

Biography
Aysser Tawfik Bassaly has obtained his Otolaryngology degree from Banha University in Egypt in 1994. Later, he obtained the European Board of Snoring and Sleeping Disorders from Forli, Italy in 2014. He is an Otolaryngology Consultant and the Head of the Otolaryngology Section at the Arab Academy for Science, Technology and Maritime Transport (League of Arab States) in AboKhir, Alexandria Governorate, Egypt. He is a Rhinology and Sinuscopy Specialist and a Qualified Expert in Otolaryngology in Sleep Disordered Breathing Surgery. He is a founding member in the Pan Arab Rhinology Society (PARS). He is an instructor for aspiring otolaryngology physicians in the area of Nasal Sinoscopy Surgery, Snoring, Sleeping and Breathing Disorders.

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