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Assesment of snoring and sleep apnoea

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Obstructive sleep Apnoea (OSA) is a chronic disorder characterized by intermittent upper airway collapse which impairs ventilation and disrupts sleep. Approximately 3-7% of adult men & 2-5% of adult women in general population suffers from OSA associated excessive daytime sleepiness. Nearly 22 million Americans are affected by osa, making it most common disorder. Patients & with undiagnosed & untreated OSA are at increased risk for cardiovascular and cardiovascular health consequences and co-morbidities. Suspicion of the disease, investigations & diagnosis of OSA is very essential. Usually OSA is observed by bed partners or roommates that the patient having problems of loud snoring sound Apnoea during sleep. Patient's Body mass index, Neck & waist circumference and presence of retrignathia or micrognathia should be taken into account. Mallampati score & Epwarth scale of the parient is also important. Adequate physical exam - oral Exam is essential. Mueller maneuver Fibro optic Nasopharyngo Laryngoscooy is important. Pulse Oximety is screening test. Polysomnography is a gold standard of all investigations from which AHI, RDI, ODI can assessed. Sleep MRI or dynamic ultrafast MRI is done to detect level of obstructions. Recently Drug Induced Sleep Endoscopy (DISE) is latest method to diagnose OSA detect level of obstructions. Cephalometric methods can also be applied. OSA is associated with subatantial economic costs to society including increased medical costs. So early Suspicion, adequate physical Examination, essential investigations should be done to diagnose OSA timely & treat the patient timely to prevent morbidity mortality from OSA.

Biography

Md Monjurul Alam has been working as Professor of Otolaryngology & Head - Neck Surgery at Bangabandhu Sheikh Mujib Medical University (BSMMU), Shahbag, Dhaka since 2010. He Passed MBBS from Rajshahi Medical College, FCPS (ENT) from Bangladesh College of Physicians & Surgeon, Qualified MS in Otolaryngology from Dhaka University, obtained FICS from USA. He got advanced training in Micro-ear Surgery, FESS & RhynoPlastic Surgery, Snoring & Sleep Surgery, LASER Surgery, Skull-Base surgery from USA, UK, Australia, India, Singapore, Bangkok, Malaysia & different countries of Europe. He is a pioneer of Endoscopic Ear surgery in Bangladesh. He actively participated in workshop, seminar, conference, Congress in different countries. He has more than 80 articles published in different national & international journals. More than 5 research works has been going on under his supervision in BSMMU.

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