

# What is OSA and How Can Dr. Fotek Help You with It

Obstructive sleep apnea (OSA) is the most common type of sleep apnea and is caused by complete or partial obstructions of the upper airway. It is characterized by repetitive episodes of shallow or paused breathing during sleep, despite the effort to breathe, and is usually associated with a reduction in blood oxygen saturation.

Dentists see a lot of people with airway problems and have been trained in facial growth, development, so they are ideally suited to screen for problems. Having an extensive training in biofunctional orthodontics allows Dr. Fotek to identify and treat craniofacial abnormalities.

Approximately 50% of OSA cases involve the bony structure that surrounds the airway, and by modifying the bony structure (upper arch expansion, advancing the mandible), Dr. Fotek may be able to address the underlying cause of the condition. Dr. Ilona Fotek is ideally positioned to identify and potentially prevent sleep-related breathing disorders in children and reverse the condition in adolescents and adults.

The American Academy of Sleep Medicine stated that oral appliances could be used for the first line of treatment for sleep apnea for mild to moderate cases, and for patients who are CPAP intolerant.

We at the Dental Healing Arts believe it is important to screen every patient, regardless of age, and ask the critical questions to take the best possible care of our patients. Because we care.



*"The information provided on this site is not intended as medical or dental advice and should not be interpreted as such. The intent is to provide as much scientific information as possible on different dental materials and aspects of dentistry where controversy exists and scientific clarification would be of benefit to patients, staff, dentists, physicians and scientists in making informed judgements. If you seek medical or dental advice, please consult with a health care professional. You must always exercise your own best judgement when using the services of any health care practitioner."*