Restoring Functional Breathing in Dental Patients

Abstract

Dysfunctional breathing may complicate inflammatory conditions and impair quality of life. One of the easiest ways to identify a patient with dysfunctional breathing is to note whether they are a mouth breather however, this is only one aspect of many that we can explore and earn more about. As health professionals it will help us to understand the acuteness of inflammation in certain clients and its relation to their breathing habits therefore, learning how to help them overcome that. Due to the fact that as dental practitioners we are able to see our patients a lot more frequently that other health professionals it would be ideal if we equipped ourselves with assessment tools, and solutions to dysfunctional breathing. Moreover, there are several methods that health professionals use for correcting breathing habits though this review will focus on Buteyko breathing techniques. The Buteyko method is named after its founder Doctor Konstantin Buteyko. It is the most effective drug-free approach for the management of asthma and other breathing related problems. This presentation will help you to understand the extent of effect of dysfunctional breathing, how to assess patients, and what practical advice you can provide for your clients.