

Title: Can Elelectromyostimulation be an option for OSA Treatment?

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Obstructive Sleep Apnea (OSA) is a chronic disease characterized by the total collapse of the upper airway during the passge of air. This intermittent episodes of breathing can cause intermitent hipoxia and hipercapnia. This condition has a negative impact not only in the human body leading to hormonal changes (diabetis, insuline resistance and obesity), cardiovascular desease (arterial high blood pressure, atrialfibriliation, cardiac desease) and cognitive functions, behaviour and performance but also a huge impact on the quality of life.
The must remarkable change that ocurr during sleep is the decrease of muscle tone and the total colapse of the pharingx in the nasopharigx and orofaringx area. It is largelly known that the increase of pharingeal muscle tone activity, decrease the collapse of the upper air way.
Inded the uncomplete muscle response to hipercapnia, hypoxia and negative pressure as been aponted as one of the non anatomic phenotypes and one of possible predictor factor for apneas.
Several scientific pulications as demonstratethat the use of TENS-Transcutaneous electrical stimulation in muscle disfunction or muscle inactivity, improves muscle tone and recovery function.
Dentists play a very important role and are in the first line not only to identify the skeletal growth pattern but also to apply tretament. Therefore Dentists must have knowledge on Sleep and Dental Sleep Medicine and should be part of the multidisciplinary sleep team.

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 Psicologic Studies Madrid-Spain and completed her PhD from Complutense University of Madrid-Spain. She has collaborate as a Profesor 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 Europeaan Academy of Dental Sleep medicine and in 2020 achevied the International Certificant by the American Board of Dental Sleep Medicine. She is a Board Member and Vice-Presidente of the EADSM and a Scientific Committee member of the AADSM.

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