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Obstructive sleep apnoea syndrome: Prevention and cure

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Abstract

Obstructive sleep apnoea syndrome (OSAS) affects 4 percent of the population although half the world's population snores. It cause excessive fatigue, sleepiness and results in long term cardiac, neurological and respiratory problems, further causing systemic effects in metabolism and blood molecular disorders.The presentation comprises detection and diagnosis of obstructive sleep apnoea, highlighting the diagnostic methods and recent developments from personal practice and worldwide aspects. the dividing line between simple snoring and (OSAS) is highlighted. Personalized bearings on daily life and biological and molecular effects of OSAS is discussed. A personal management protocol developed from decades of experience of seeing over 400 new cases every year will be discussed. The role of surgery and cpap theray are defined and the surgical practice detailed and future developments presented. Audits on CPAP therapy compliance and surgical results are presented.

A conclusion is made on the cost effectiveness and impact on road safety of treatment of sleep apnoea syndrome.

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