

# Obstructive sleep apnea in adults

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DOI: <https://doi.org/10.1590/2177-6709.24.3.099-109.sar>

**Introduction:** Obstructive Sleep Apnea and Hypopnea Syndrome (OSAS) is a highly prevalent disease with serious consequences for the patients' lives. The treatment of the condition is mandatory for the improvement of the quality of life, as well as the life expectancy of the affected individuals. The most frequent treatments provided by dentistry are mandibular advancement devices (MAD) and orthognathic surgery with maxillomandibular advancement (MMA). This is possibly the only treatment option which offers high probability of cure.

**Objective:** The present article provides a narrative review of OSAS from the perspective of 25 years of OSAS treatment clinical experience.

**Conclusion:** MADs are a solid treatment option for primary snoring and mild or moderate OSAS. Patients with severe apnea who are non-adherent to CPAP may also be treated with MADs. Maxillomandibular advancement surgery is a safe and very effective treatment option to OSAS.

**Keywords:** Obstructive sleep apnea. Snoring. Orthognathic surgery. Dentistry. Maxillomandibular advancement.

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» The authors report no commercial, proprietary or financial interest in the products or companies described in this article.

**How to cite:** Faber J, Faber C, Faber AP. Obstructive sleep apnea in adults. Dental Press J Orthod. 2019 May-June;24(3):99-109.

DOI: <https://doi.org/10.1590/2177-6709.24.3.099-109.sar>

» Patients displayed in this article previously approved the use of their facial and intraoral photographs.

**Submitted:** March 06, 2019 - **Revised and accepted:** April 11, 2019

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