

Affiliated Meeting

22.09.2019 13:00-17:45h

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A critical review of orofacial myofunctional therapy & sleep disordered breathing: phenotyping, clinical markers, and early intervention**Summary**

Obstructive sleep apnea is increasingly common sleep disorder with heterogeneity in clinical presentation and pathophysiology. In recent years, four contributing causes or phenotypes have been identified and included airway collapsibility, impaired pharyngeal dilator muscle function, lowered arousal threshold and loop gain.

Increased understanding of the pathophysiology and phenotyping of SDB traits can improve the success rate of targeted treatment such as myofunctional therapy, alone or in combination with other treatments in mild and moderate OSA, highlighting the need for further research and the need to develop simple phenotyping tools for SDB related muscle function.

Orofacial myofunctional therapy (OMT) represents a novel, non-invasive strategy to treat sleep disordered breathing including OSA (Guilleminault 2013, Camacho 2015, Camacho 2018). Recent evidence has supported its usage in children with residual OSA following adenotonsillectomy (Villa 2015, Guilleminault 2017, Felicio 2018). Further, OMT may represent a novel paradigm of therapy that may prevent pediatric OSA (Sullivan 2017). Standardized treatment modalities, models for detection of orofacial myofunctional disorders, and clear understanding of the related phenotypes, however, are yet to be established.

This symposium will critically evaluate the recent evidence on OMT, while exploring what is known clinically that may be of immediate interest to those working in sleep medicine who wish to apply a precision medicine approach including ENT, orthodontic, pulmonary, and OMT intervention.

This program is a joint meeting of the Academy of Applied Myofunctional Sciences (AAMS, www.aamsinfo.org) and the World Sleep Society.

Learning Objectives

Upon completion of this CME activity, participants should be able to:

- Describe how the maldevelopment of specific structural components of the craniofacial respiratory complex in early childhood can be associated with sleep and airway morbidity
- Appraise the relationship between mouth breathing patterns, tongue restriction, posture, and sleep disordered breathing
- Employ a clinical decision making model to help providers determine when to implement OMT in children suspected with OSA
- Appraise the potential of myofunctional therapy alone or in combination therapy targeted to muscle phenotype in a precision medicine model and evaluate the success.

Target Audience

Sleep Specialists, sleep researchers, dentists, sleep technologists, sleep medicine instructors, otolaryngologists, allied health professionals, myofunctional therapists, public health specialists

Chairs:

Marc Richard Moeller (United States)

Sharon Keenan (United States)

	Introduction: the emerging area of myofunctional therapy; why sleep disordered breathing? Marc Richard Moeller (United States)	13:00-13:17 17min
	Need for Orthodontic Treatment Under the Age of Seven: A Predictor of Increased Risk for Sleep Related Breathing Disorders (SRDB) Kevin Boyd (United States)	13:17-13:44 27min
	Stick your tongue out: OMT and its place in pediatric OSA Rakesh Bhattacharjee (United States)	13:44-14:11 27min
	Orofacial Myofunctional Therapy (OMT) for Obstructive Sleep Apnoea Brigitte Fung (Hong Kong)	14:11-14:38 27min
	Impaired pharyngeal dilator muscle function in OSA; a phenotype for new modalities of treatment Venkata Koka (France)	14:38-15:05 27min
	Break	15:05-15:30 25min
	Should the kids breathe through nose or mouth? Implications of early treatment of respiratory dysfunction Takashi Ono (Japan)	15:30-15:57 27min
	Oral Dysfunction and Sleep Meet Education: A Collaborative Four-Part School-Based Model for Screenings Nicole Archambault (United States)	15:57-16:24 27min

	A Call for Changes to Sleep Education and Sleep Screening Sharon Keenan (United States)	16:24-16:51 27min
	Oronasal abnormalities and dysfunctions in persistent sleep disordered breathing Julia Cohen-Levy (France)	16:51-17:18 27min
	Orofacial Myofunctional Therapy in the Mouth Breathing Patient: An Interdisciplinary Approach and Its Place in Sleep Medicine Silke Weber (Brazil)	17:18-17:45 27min