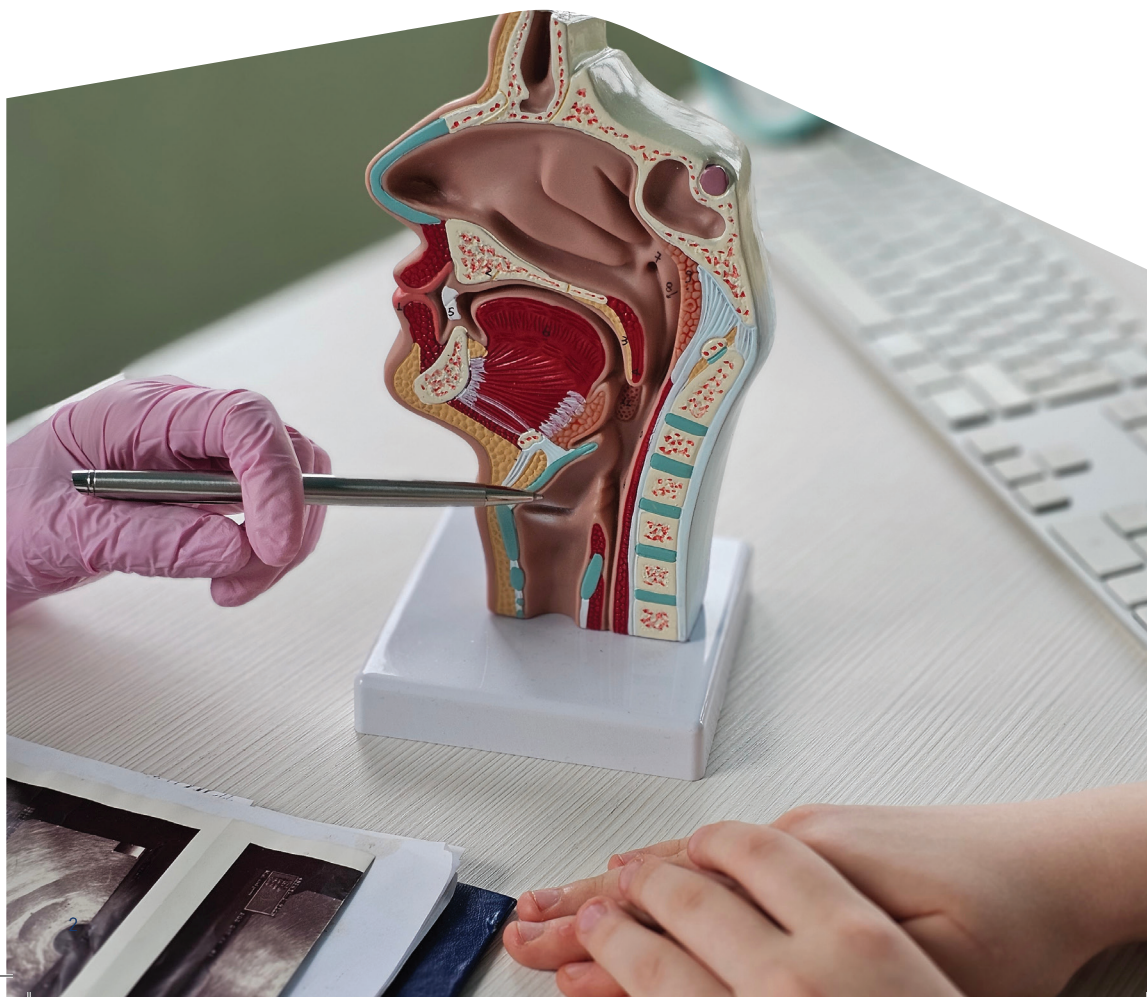




Obstructive Sleep Apnoea (OSA) Surgery

The Department of Ear, Nose & Throat (ENT) - Head & Neck Surgery provides a wide range of surgical services for adult patients with ENT, head and neck diseases. Patients are referred from polyclinics, general practitioners, emergency services or transferred from other departments within the Ng Teng Fong General Hospital or other healthcare facilities, including nursing homes, community and other hospitals. Our team of highly-trained ENT-Head & Neck surgeons and allied healthcare professionals aim to provide the best possible care to our patients.





What is snoring and obstructive sleep apnoea (OSA)?

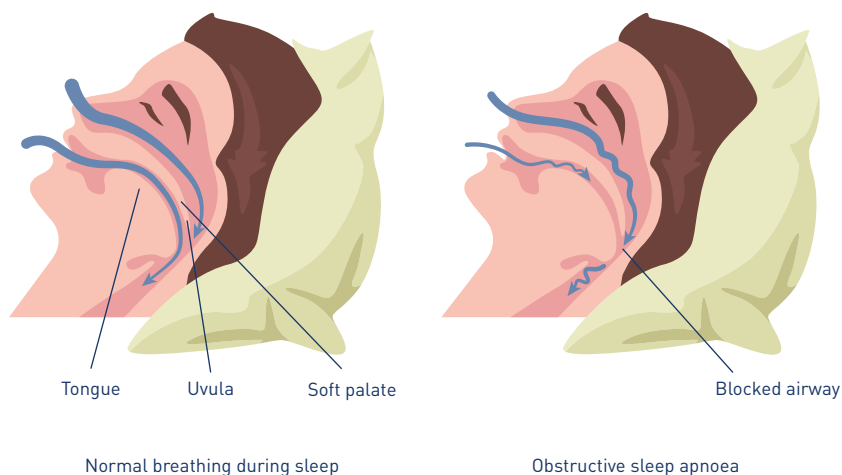
Snoring and obstructive sleep apnoea (OSA) belong to a group of sleep disorders that can affect your health and quality of life. Approximately 45% of normal adults snore occasionally and 25% are habitual snorers. OSA is more common among males and overweight people. It also gets worse with age.

What causes snoring and OSA?

Changes in your upper airway (soft palate, tongue and walls of your throat) take place when you sleep. These passages are usually kept open when we are awake, but tend to collapse in deep sleep to cause narrowing. As the passages collapse, air flow is reduced, making the soft tissue in these air passages vibrate to cause a person to snore.

With complete collapse, you stop breathing temporarily. If this period lasts more than 10 seconds, it is known as apnoea. Normal people should not have more than five episodes of apnoea in an hour during sleep. Patients with severe obstructive sleep apnoea (OSA) have more than 30 episodes of apnoea per hour.

An overnight sleep study can help to determine the severity of OSA.



What is the effect of apnoea on our body?

Every time you have apnoea, stress hormones are released. Many episodes of apnoea can happen each night, placing stress on your heart and brain. Sleep is also disrupted because apnoeas are accompanied by mini-arousals.

What are the effects of OSA on our health?

Sleep deprivation

When we do not have enough sleep, we feel tired the next day. This affects our work, concentration, memory and relationships with other people. The risk of having a motor vehicle accident is increased by seven times.



High blood pressure

The risk of high blood pressure in OSA patients is two times higher than in normal people.

Ischaemic heart disease

Strokes

How is a diagnosis made?

Diagnosis of OSA is made from history, a clinical examination and a sleep study. The clinical examination includes a nasoendoscopic examination in the clinic. A flexible tube with a light source is passed through the nostrils to view the throat and tongue to pinpoint the degree and site of air passageway narrowing.



Sleep study

All patients who snore or are suspected of having OSA need to undergo a sleep study. During the study, special sensors measure certain physical parameters of the body during sleep to assess for OSA. The data will then be analysed to determine the severity.

How can we stop snoring?

- Lose excess weight with a healthy diet and regular exercise.
- Avoid tranquilisers, sleeping pills or antihistamines before you sleep.
- Do not consume alcohol four hours before you sleep. Heavy meals and snacks should also be avoided at least three hours before you sleep.
- Establish regular sleeping patterns.
- Sleep on your side rather than on your back.
- Tilt the head of your bed upwards by four inches.

What are the treatment options?

OSA can be treated medically or surgically.

Medical treatment

- **Weight loss and exercise programmes**

- **Nasal continuous positive airway pressure**

The patient wears a face mask to sleep. Continuous positive airway pressure is introduced and this splints open the collapsed regions.

- **Oral appliances**

These appliances are like braces, and are worn to sleep to reposition the tongue and lower jaw forward.



Surgical treatment

There are many different types of surgery available and they are tailored to the site of obstruction. Your doctor will discuss the most appropriate treatment with you.

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