

Steven Lamberg


Atmung, Schnarchen und Schlafapnoe

Behandlung der Atemwege in der modernen Präventivmedizin und -zahnmedizin

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Book information

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Short text:

This book by an American dentist and member of the American Board of Dental Sleep Medicine marks a decisive turning point in the understanding and approach to sleep-related breathing disorders. It serves as a foundation for understanding the complexity of the airway issue in relation to the various associated disorders and addressing the real causes. The publication is a must for all medical and dental professionals as well as patients who wish to explore the topic in more depth.

The quality of our sleep has a major influence on our health, alongside physical activity and an appropriate diet. It has been proven that many diseases, including the 10 leading causes of death, can be caused or aggravated by sleep-related breathing disorders such as snoring and sleep apnea. The Lamberg questionnaire, on which this book is based, is a simple method of assessing the individual risk of sleep-related breathing problems based on the patient's personal medical history.

Contents

Chapter 01. Common screening questions
Chapter 02. Cardiology and vascular medicine
Chapter 03. Pneumology
Chapter 04. Gastroenterology
Chapter 05. Neurology
Chapter 06. Endocrinology
Chapter 07. Ear, nose and throat medicine
Chapter 08. Urology
Chapter 09. Dentistry
Chapter 10. Psychology/Psychiatry
Chapter 11. Rheumatology
Chapter 12. Dermatology
Chapter 13. Ophthalmology
Chapter 14. Chronic pain
Chapter 15. Hepatology
Chapter 16. Oncology
Chapter 17. Obstetrics (OSA during pregnancy)
Chapter 18. Nephrology
Chapter 19. Pediatrics
Chapter 20. Current treatment options
Chapter 21. Conclusion
Chapter 22. Glossary
Chapter 23. Recommended reading

Categories: Human Medicine, General Dentistry, Guide Health & Medical Science