



Edition: 2nd Edition 2025
pages: 352
Images: 125
Cover: Softcover, 17.2 x 24.1 cm
ISBN: 978-1-64724-196-4
Published: February 2025

KVM - Der Medizinverlag

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Book information

Authors: Steve Carstensen / Ken Berley

Title: The Clinician's Handbook for Dental Sleep Medicine

Short text:

Millions of Americans suffer from OSA, and at least one patient in five has mild OSA. Whereas patient compliance with CPAP therapy is unacceptably low (between 25% and 50%), dentists can provide a viable alternative therapy—oral appliance therapy (OAT)—that results in much better compliance. This book clearly delineates the dentist's role in the treatment of sleep-related breathing disorders, with practical advice for incorporating dental sleep medicine into an existing dental practice, including step-by-step instructions for examination, appliance selection, and follow-up care as well as how to work with sleep physicians. Complications of OAT, legal issues, and medical insurance and Medicare considerations are also covered. This updated edition includes contributions from experts in physical therapy, myofunctional therapy, and rhinomanometry, as well as advice on proper breathing by breathwork training expert Patrick McKeown.

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Categories: Functional Therapy, General Dentistry