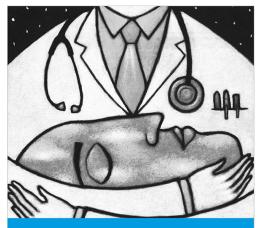
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Short text:

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 sleeprelated 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