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## SLEEP APNEA

### General information:

- ◆ Obstructive sleep apnea (OSA) is a disease that results in anatomic obstruction of the airway, leading to disrupted, non-restful sleep.
- ◆ Sleep apnea can affect adults and children.
- ◆ Symptoms of sleep apnea include:
  - Snoring
  - Violent/restless sleep, i.e. sweating, kicking or excessive moving during sleep
  - Bed wetting
  - Growth delay
  - Attention deficit disorder
  - Heart trouble or high blood pressure
  - Excessive daytime fatigue
- ◆ Factors influencing OSA include:
  - Size of tonsils
  - Weight/height and body mass index (BMI)
  - Neck circumference
  - Jaw and tongue position
  - Size of tongue
  - Alcohol use, sleep medication and other medications can make sleep apnea worse.  
Please review all medication with your doctor.
- ◆ Risks of sleep apnea
  - Developmental delay in children
  - Motor vehicle accidents
  - Heart arrhythmia that can result in death
  - Lung disease

### Testing for OSA:

- ◆ Testing is different in adults and children.
- ◆ Children are generally diagnosed with OSA by history and physical alone.
- ◆ Adults are tested for sleep apnea with an overnight sleep study.

### Treatment for OSA:

- ◆ In children, the tonsils are almost always the reason for sleep apnea. Removal of the tonsils provides a near 100% cure rate in children. The adenoids may need to be removed as well.
- ◆ In adults, OSA is generally multi-factorial, meaning that weight, tonsil/palate, jaw and tongue all play a role.
- ◆ In adults, OSA can be 100% cured with a CPAP machine, however regular use of the machine is a necessity.
- ◆ Weight loss, and/or dental devices can be effective in eliminating sleep apnea. Occasionally, altering your sleep position alone can cure you of your apnea.
- ◆ Surgeries including removal of adult tonsils, a portion of the palate, reduction of the tongue, jaw surgery, nasal surgery, and/or implants into your palate can cure you of OSA.
- ◆ As a general rule, surgical treatment of OSA in adults is effective 50% of the time.

**Anyone, adult or child, should be treated if diagnosed with sleep apnea. Failure to treat sleep apnea can have significant negative effects on your health, and in adults can lead to early heart disease and even death. Sleep apnea is NOT just snoring, it represents a serious health condition.**