

Disordered Breathing Disease Progression

Disease Stage 1

Predisposing Factors

Small Airway

Tongue Tie, Lip Tie
Bottle Fed as Infant
Dysfunctional Swallow
Allergies
Nasal Obstruction
Large Tonsil
Large Adenoids
Large Tongue
Mid-face Deficient
Mandibular Deficient

Disease Stage 2

Compensation: Airway Maintained

Signs

Tongue Bracing
Indents in Tongue
Head Postured Forward
Jaw Postured Forward
Sore Masseters
Sore Neck Muscles
Mouth Breathing

Symptoms

Facial Ache
Not Waking Rested
Daily Fatigue
Neck Soreness
Worn Teeth

Disease Stage 3

Sleep Airway Partial Collapse

Signs

All of stage 1 and 2 plus....
Upper Airway Resistance
2-4% Drop O₂ Saturation
RERA- Respiratory Arousals
Sleep Teeth Grinding
↓ Growth Hormone

Symptoms

Heart Rate Fluctuation
Snoring or "Purring"
Weight Gain
Cognitive Impairment, ADD
Hyperactivity

Disease Stage 4

Sleep Airway Full collapse

Signs

All of stage 1, 2, 3 plus....
4%+ drop O₂ Saturation
Apnea
Cardiovascular Damage
Elevated BP
GERD

Symptoms

All of stage 2, 3 plus....
Worn Teeth

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Disordered Breathing is a very serious condition that can be fatal.

Young patients can be treated, older patients can only be managed.

There are many causes. This is not a single disease with a single treatment.

Causes:

Nasal Obstruction
Tonsil Adenoids Obstruct
Mouth breathing
Tongue hypertrophy
Tongue Adipose
Inflammation Pharyngeal Tissue
Central Apnea

Disordered Breathing Disease Stage 4

OSA- Obstructive Sleep Apnea

AHI- Apnea Hypopnea Index

Apnea and Hypopnea events per hour

Apnea- Stop airflow for 10 seconds

Hypopnea- <50% airflow or 3+% O₂ Desaturation

