



**International College of Prosthodontists  
19<sup>th</sup> Biennial Scientific Session - VIRTUAL - September 22 – 25, 2021**

**Program Speaker – Eri Makihara**

**Title**

Role of the Dentists for Obstructive Sleep Apnea Treatment

**Abstract**

Obstructive sleep apnea (OSA) is caused by partial or complete obstruction of the upper airway during sleep. Nasal continuous positive airway pressure (n-CPAP) is the gold standard of treatment for OSA, but despite its effectiveness, compliance rates have declined because of the noise of required armamentaria and discomfort from wearing the mask.

Use of oral appliances (OAs) is indicated for patients with snoring and mild-to-moderate OSA who fails to use n-CPAP. The aim of OAs use is mild advancement of the mandible to enlarge the upper airway and to prevent its collapse during sleep. Common symptoms of OSA such as snoring, apnea, and daytime sleepiness are usually improved, although side effects have been reported, such as excessive salivation, dry mouth, tooth discomfort, occlusal changes, muscle tenderness, and jaw stiffness.

In this presentation, I discuss the practice of OAs treatment from the view of prosthodontist.

**Biography**

Dr. Eri Makihara received her DDS (2003) and PhD (2006) degrees from Kyushu Dental University, Kitakyushu Japan. She was a visiting scholar at Orofacial Pain and Oral Medicine, University of Southern California, School of Dentistry from 2010 to 2011.

She is an Assistant Professor of the Division of Occlusion & Maxillofacial Reconstruction, Kyushu Dental University since 2015. She teaches dental and maxillofacial prosthetics, and dental management of obstructive sleep apnea.

She received Best Poster Award of the 16<sup>th</sup> Asian Academy of Craniomandibular Disorders (2016).