Understanding the symptoms of sleep disordered breathing and the connection to orthodontics

By Ortho-Tain Staff

What is Open Airway Orthodontics™ and how does it impact Phase 1 Plus™ Treatment? The connection between orthodontic conditions, habits and sleep disordered breathing (SDB) is well established, but most doctors have not been formally educated on the subject. SDB and airway health are closely related to a child’s overall systemic health.

Understanding the orthodontic conditions and how these conditions translate into sleep disordered breathing issues is essential.

- **Mandibular retrusion**: Increases vertical facial growth, lowers tongue and narrows palate.
- **Mandibular vertical growth**: Lowers tongue and narrows palate, encourages mouth breathing.
- **Nighttime mouth breathing**: Allows tongue to close oropharynx and to narrow upper arch, restricts nasal airway, lowers oxygenation or blood.
- **Daytime mouth breathing**: Intensifies habits, allows tongue to close oropharynx and to narrow upper arch, restricts nasal airway, lowers oxygenation or blood.
- **Overjet**: Influences position of mandible and oropharyngeal restriction by tongue.
- **Overbite**: Tends to restrict forward movement of mandible and tongue.
- **TMJ**: Posterior-superior displacement—superior displacement increases retruded tongue position and obstruction of oropharynx. TMD has less growth of mandible and face, increases oropharyngeal restriction.
- **Crowding**: Crowded teeth have narrower arches and can restrict nasal airflow.
- **Eruption Guidance®**: Encourages upper anterior and posterior arch widths, increasing the width by 5 mm and 4 mm (upper and lower).
- **Bruxism**: Related to active leg movement in abnormal sleep, justifies to correct sleep problems to correct harmful grinding.
- **Cross-Bite**: Functional cross-bite has a narrow palate and decreases normal nasal airflow.
- **Lingually inclined upper incisors**: Restricts mandibular forward growth and increases oropharyngeal constriction.
- **Thumb sucking**: Causes narrow palate and restricts nasal airflow. Also restricts natural mandibular advancement.
- **Abnormal swallowing**: Narrows palate.
- **Abnormal tongue position**: Narrows palate and encourages mouth breathing.
- **Open-bite**: Encourages abnormal swallowing and abnormal tongue position.
- **Mid-face retrognathism**: Discourages nasal breathing.
- **Speech problems**: Lips indicative of improper tongue function and often has open-bite with narrow palate.
- **Snoring**: Indicative of mandibular retrusion and nighttime mouth breathing.
- **Class II molar relation**: Has mandible in retruded position.

HealthyStart® treatment provides Open Airway Orthodontics by identifying airway issues, addressing improper growth and development and treating orthodontic conditions associated with sleep difficulties. Treatment protocol includes a series of usually no more than three removable appliances generally worn at night, which gently expand the arches, eliminate habits, open the airway, align the teeth and correct malocclusions. Sleep questionnaires are available to further evaluate the patient’s outward symptoms of sleep disordered breathing.

Stop by the HealthyStart/Ortho-Tain® booth, No. 3111, for further information and to participate in presentations given on the Ultimate Phase 1 Plus treatment. Take advantage of HealthyStart’s event special, which includes two complimentary treatment systems.
Thank You

to our valued customers for helping us reach almost $2 Million in contributions!

VISIT HENRY SCHEIN AT THE AAO BOOTH #1401

Helping Health Happen, Together!

As a valued customer, Team Schein appreciates your continued support of the Henry Schein Calendar of Caring program. Our program focuses on three areas: protecting the planet; wellness and prevention; and supporting cancer screening, treatment, and awareness. Throughout the year, look for our special promotions where a portion of the proceeds of sales of certain products are donated to the Henry Schein Cares Foundation to support nonprofits that align with our goals. Thank you for your valuable partnership and for helping to make a difference in the world.

PART OF OUR CALENDAR OF CARING PROGRAMS

Please visit: www.hscaresfoundation.org to make a donation or learn more about our programs.
Communication is one of the most important aspects of an orthodontic practice. It’s absolutely mandatory for efficient dialogue, time management and organizing infrastructure. Communication relays vital information, scheduling resolution and offers a dialogue between team members that can keep a practice running smoothly.

One of the first communication mechanisms was the postal service. This expanded to the telegraph and eventually the telephone. Then we saw the introduction of faxes and emails, followed by texts and instant messaging.

As business communication evolved, there was a need for both security and a standard for all. The Health Insurance Portability and Accountability Act — HIPAA — is a set of regulations that became law in 1996. Its purpose is to help people carry health insurance from one company to the next, as well as streamline the movement of medical records from one healthcare institution to another. In addition, HIPAA created a system to recognize and enforce the rights of patients to protect the privacy of their medical records.

HIPAA was constructed in the early 1990s when it first became apparent that the medical-care industry would become more efficient by computerizing medical records. Plus, the health-care industry needed new standards regarding the management of crucial data. Companies that deal with protected health information must have physical, network and process security measures in place and follow them to ensure compliance.

Digital technology revolutionized our profession. The ability to instantly share records, charts, images and messaging has transformed it. The act of exchanging information between a practice and its patients as well as between practice staff must be HIPAA-compliant. Emails and text messaging can be subject to data compromise.

With the possibility of fines, a data breach that violates HIPAA compliance can be financially devastating. Secure communication should be a high priority for every orthodontic practice.

When we were developing topsExpress™ for topsOrtho™ practice management software, we wanted to create the ultimate digital communication service, fully capable of every communication need. topsExpress contains sophisticated, built-in SMS appointment reminders and secure, encrypted, HIPAA-compliant email. It incorporates direct, one-to-one SMS messaging that originates from the primary practice telephone number, not from staff’s personal cell phones.

One final thought about secure communication is the challenges of a ransomware attack. The city of Atlanta was hit by ransomware with the city’s government services and internal communication data locked away. The bad actors taking the info hostage demanded a ransom of $51,000. Opening an email and clicking on an unknown link can trigger ransomware. Some ransomware comes from what appears to be a company you work with, such as a bank. When you are asked for a password or credit card, that is likely “phishing.” Don’t open it! Call and confirm or go directly to the company’s website and search for the department reaching out to you.

We hope this information conveys the importance of secure communication and helps your practice avoid any data breach.