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Precision Medicine in the diagnosis of Obstructive Sleep Apnea (OSA) to predict surgical success

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ABSTRACT

The key to implement this new approach is to gain a complete understanding of the multiple causes of OSA. This will unlock therapeutic targets and provide the opportunity to develop tailored medical treatment to the individual characteristics of each patient.

The first step is the physical examination of the patient. Friedman Stages (FTP) are used to evaluate the tongue's position relative to the tonsils or pillar, hard palate, uvula, and soft palate. This is based on modified Mallampati stages which evaluate the tongue in a neutral position inside the mouth. FTP is assigned on a scale of I-IV, where stages I and II predict a good surgical success.

A clinical phenotype is taken into account to observe characteristics or traits of a disease in a given patient. It considers anatomical and non anatomical features: collapsibility or narrowing in the upper airway, the stability of the ventilatory control system, people with a low arousal threshold, and the muscular response.

As a guideline to select a lateral pharyngeal surgical technique, the Palatopharyngeal Arch Staging System (PASS) Scale should be used, which takes into account the structure of the palatopharyngeal arch (PFA), interpalatopharyngeal gap, and the palatopharyngeal muscular tone (PFM).

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Furthermore apnea-hypopnea index, taken from the Polysomnography, is used to indicate the severity of sleep apnea.

Finally, the patterns of obstruction and collapse in the upper airway are evaluated in order to select a specific treatment and surgical election during drug induced sleep endoscopy (DISE) using VOTE classification.

Conclusion

Friedman Stages and PASS Scale, as well as the patient's phenotype together with fiberoptic laryngoscopy and DISE determine the ideal candidate for OSA surgery.

BIOGRAPHY

Dr. Ximena Schejtman obtained her Medical Doctor degree, issued by the School of Medicine, Universidad de Buenos Aires. ENT Specialist Physician in Universidad Católica Argentina. She has a diploma in Sleep Medicine and Respiratory Disorders. Professor of the Chair of Otorhinolaryngology at Universidad de Buenos Aires. Ximena is a Member of the Argentine Federation of Otorhinolaryngological Societies and works for Sanatorio Güemes, being a reference in the Sleep Medicine division.