

# Disordered Breathing Disease Progression

## Disease Stage 1

### Predisposing Factors

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

Small Airway

## Disease Stage 2

### Compensation: Airway Maintained

#### Signs

Tongue Bracing  
 Indents in Tongue  
 Head Postured Forward  
 Jaw Postured Forward  
 Sore Masseters  
 Sore Neck Muscle  
 Sleep Teeth Grinding  
 Tooth Wear  
 Mouth Breathing

#### Symptoms

Facial Ache  
 Not Waking Rested  
 Daily Fatigue  
 Neck Soreness

## Disease Stage 3

### Airway Partial Collapse

#### Signs

All of stage 1 and 2 plus.....  
 Upper Airway Resistance  
 2% Drop O<sub>2</sub> Saturation  
 RERA- Respiratory Arousals  
 ↓ Growth Hormone

#### Symptoms

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

## Disease Stage 4

### Airway Full collapse

#### Signs

All of stage 1, 2, 3 plus....  
 3+% drop O<sub>2</sub> Saturation  
 Cardiovascular Damage  
 Elevated BP  
 GERD

#### Symptoms

All of stage 2, 3 plus....  
 Apnea

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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+% O<sub>2</sub> Desaturation

