



The effect of nasal surgery on apnea-hypopnea index

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ARTICLE INFO	ABSTRACT
Article type Review article Article history Received: 4 Feb 2014 Revised: 17 Feb 2014 Accepted: 19 Feb 2014 Keywords Nasal obstruction Obstructive sleep apnea Snoring	One of the factors, which is involved in obstructive sleep apnea, is anatomic or inflammatory pathologies of nasal airway obstruction. Thus, it is logical to observe improvement of polysomnographic parameters of sleep-disordered breathing after nasal surgery. The authors performed a review of the literature, up to 2013, to determine the impact of nasal surgery on obstructive sleep apnea. Most current idea in this field is based on case series studies while randomized controlled trials evaluating the effect of surgery for nasal obstruction on sleep apnea are few and far between. According to these studies, surgery for nasal obstruction does not improve objective parameters of sleep apnea. Although nasal obstruction is one of the factors involved in obstructive apnea, one has to keep in mind that surgery will not result in major reduction of obstructive sleep apnea severity to relieve nasal obstruction. Detailed upper airway analysis has to be considered when surgery is an option for obstructive sleep apnea. Thus, nasal surgeries are beneficial when they are part of a multilevel approach in obstructive sleep apnea treatment.

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Introduction

Nasal airway is the preferred airway during sleep in normal conditions; on the other hand, most of our airway resistance is

determined by nasal airway (1). Therefore, obstructing pathologies will increase the resistance to airflow and this will lead to

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