

Steven Lamberg


## Atmung, Schnarchen und Schlafapnoe

Behandlung der Atemwege in der modernen Präventivmedizin und -zahnmedizin

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### QuintEd Pty Ltd

 Suite 2/38 Albany St  
NSW 2065 St Leonards  
Australia

 +61 434521025

 [admin@quinted.com.au](mailto:admin@quinted.com.au)

 <http://nginx/anz/en>

## Book information

**Authors:** Steven Lamberg  
**Title:** Atmung, Schnarchen und Schlafapnoe  
**Subtitle:** Treatment of the respiratory tract in modern preventive medicine and dentistry

### Short text:

This book by an American dentist and member of the American Board of Dental Sleep Medicine marks a decisive turning point in the understanding and approach to sleep-related breathing disorders. It serves as a foundation for understanding the complexity of the airway issue in relation to the various associated disorders and addressing the real causes. The publication is a must for all medical and dental professionals as well as patients who wish to explore the topic in more depth.

The quality of our sleep has a major influence on our health, alongside physical activity and an appropriate diet. It has been proven that many diseases, including the 10 leading causes of death, can be caused or aggravated by sleep-related breathing disorders such as snoring and sleep apnea. The Lamberg questionnaire, on which this book is based, is a simple method of assessing the individual risk of sleep-related breathing problems based on the patient's personal medical history.

### Contents

Chapter 01. Common screening questions  
Chapter 02. Cardiology and vascular medicine  
Chapter 03. Pneumology  
Chapter 04. Gastroenterology  
Chapter 05. Neurology  
Chapter 06. Endocrinology  
Chapter 07. Ear, nose and throat medicine  
Chapter 08. Urology  
Chapter 09. Dentistry  
Chapter 10. Psychology/Psychiatry  
Chapter 11. Rheumatology  
Chapter 12. Dermatology  
Chapter 13. Ophthalmology  
Chapter 14. Chronic pain  
Chapter 15. Hepatology  
Chapter 16. Oncology  
Chapter 17. Obstetrics (OSA during pregnancy)  
Chapter 18. Nephrology  
Chapter 19. Pediatrics  
Chapter 20. Current treatment options  
Chapter 21. Conclusion  
Chapter 22. Glossary  
Chapter 23. Recommended reading

**Categories:** Human Medicine, General Dentistry, Guide Health & Medical Science