



Steven Lamberg

## Atmung, Schnarchen und Schlafapnoe

Behandlung der Atemwege in der modernen Präventivmedizin und -zahnmedizin

QUINTESSENZ PUBLISHING

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## 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