



Teleradiography and its importance on cases of obstructive sleep apnea

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ABSTRACT

Introduction: Teleradiography assists in cephalometric evaluation that allows a basic understanding of the anatomical regions of the upper airways (UA) that maintains an intimate relationship with obstructive sleep apnea (OSA). It is a valuable aid in the elaboration of the treatment plan, in the observation of the anatomical alterations of the superior airway during the development of OSA and in the evaluation and follow-up of the treatment. **Objective:** To recognize the importance of the use of teleradiography as a complementary examination of OSA's treatment. **Methodology:** A bibliographic research was done on Scielo's virtual library through the keywords: Teleradiography, apnea, complementary examination. **Results:** 45 articles resulted from the search. 15 addressed the topic with a specific relevance and only 3 were used in the preparation of the text. **Discussion:** Obstructive sleep apnea is a respiratory disorder characterized by total or partial obstruction of the upper airway during sleep, which is multifactorial and not fully understood. Currently intraoral appliances are indicated for some cases of OSA. The increase of upper airways with the use of intraoral appliances happens through the traction of the mandible and / or protrusion of the tongue. In addition to the anteroposterior increase of the UA, there is a laterolateral increase. There are also significant modifications in the configuration of the UA demonstrating dimensional gains observed in the cephalograms. With the aid of the cephalostat, it is possible to obtain a standardization of cephalometric radiographs for cephalometric purposes, diagnosis and treatment follow-up. This imaging technique is widely required because it is easy to analyze, low cost and emits minimal levels of radiation. **Conclusion:** Teleradiography is widely used in the diagnosis and follow-up of the treatment of OSA, since it allows to evaluate the development of clinical cases in a simple, economic and effective way.

Keywords: Follow-up; Teleradiography; Treatment

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