

## Untreated Obstructive Sleep Apnea (OSA) has Severe Consequences

OSA severity greatly affects mortality and morbidity. The all-cause mortality risk for patients with untreated severe OSA is nearly four times that for patients without OSA.<sup>1</sup> Untreated severe OSA increases the risk of fatal and non-fatal cardiovascular events by nearly three times or more compared with healthy individuals.<sup>2</sup>

## Modern Tongue Suspension is Highly Effective for Reducing OSA Severity

Literature Supporting Tongue suspension as a treatment for OSA was first published in 2000. The success rates of tongue suspension have improved over the early experience and so a comprehensive literature review looking at all publications from 2005 and onward found ten published studies for tongue suspension with 280 patients were found.<sup>3,4,5,6,7,8,9,10,11,12</sup> A summary of results, broken down for tongue base treatment only and for tongue suspension performed with an uvulopalatopharyngoplasty (UPPP):

	N	AHI reduction	Surgical Success <sup>13</sup>	ESS reduction
Tongue Suspension w/ UPPP	204	65%	73%	6.4
Tongue Suspension	76	48%	61%	3.8

Long-term (studies with follow up of one year or greater) surgical success was 75%. Tongue suspension, performed on a standalone basis or combined with a UPPP consistently achieves strong objective and subjective results for patients, comparable or better than effects seen with more invasive and morbid interventions.

## Conclusion

Nearly ten years of evidence consistently demonstrates that tongue suspension with and without a UPPP has high surgical success rates, is very effective at reducing OSA severity, and positively impacts a patient’s quality of life.

## The Encore™ System

The most advanced and easy to use tongue suspension technology available.

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Catalog No.	Description
FG0002	Encore Suspension System (USA)

## References

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