Prof. Dr. med. Karl Hörmann

Current Topics in Otorhinolaryngology –
Head and Neck Surgery

An Update on Sleep Disordered Breathing
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Prof. Dr. med. Karl Hörmann (Editor)
Preface

Descriptions of the classical symptoms of sleep related breathing disorders can be found - as was also demonstrated by a special exhibition in the context of this annual meeting - in numerous classical written and visual documents of human history. Yet the systematic clinical and scientific exploration of these widespread disease patterns represents the foundation of a field that is only a few decades old. In this context, the special appeal and the related challenge certainly lie in the multidisciplinary approach that requires us to think outside the box and to survey the wide field of sleep-medical conditions.

From the perspective of the participating scientific organizations, the specific expertise of otolaryngologists is more and more being heard; especially the patients themselves consider the ENT doctor as their primary authority. This development should encourage us to satisfy, through clinical and scientific work, the growing demands of these patients.

As every new discipline, sleep medicine (and, connected with it, the sleep related breathing disorders) is still very much in flow, and the multitude of new insights and ensuing treatment options certainly generates important questions for the clinical praxis. Furthermore, our patients also confront us with recent developments found in scientific and popular publications as well as in pamphlets and advertisements by vendors of often rather dubious therapies.

This essay collection, which accompanies the main presentations of this year’s annual meeting, intends to provide a current and interdisciplinary survey of the state of knowledge concerning the pathophysiology, diagnostics and therapy of sleep related breathing disorders; it also includes the critical discussion of frequently contested surgical interventions. This volume wants to offer guidance to those interested in sleep medicine in the clinical praxis, and wants to awaken interest in this fascinating discipline in all those who are not yet that familiar with the field of sleep medicine.
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