

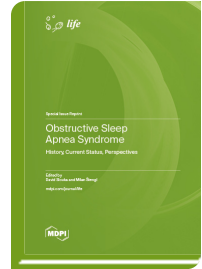


*Special Issue Reprint*

## **Obstructive Sleep Apnea Syndrome: History, Current Status, Perspectives**

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Sleep apnea syndrome is a multidisciplinary problem involving pulmonology, neurology, otorhinolaryngology, dentistry, internal medicine, psychiatry, psychology, and, to a lesser extent, many other fields. Therapy options are spread between surgical approaches and conservative solutions. Despite the enthusiasm of the surgical part of the medical population dealing with sleep medicine, the focus of the problem is currently rather in conservative medicine. Both the surgical and non-surgical sections still face many unsolved problems and questions, but it is already clear today that there is no universal solution and the issue was, is, and will remain interdisciplinary, requiring cooperation from both directions. The diagnosis and subsequent care of these patients are specific. It is partially governed by general rules but has its specificities determined by the anatomy and physiology of the respiratory tract and treatment options offered by contemporary medicine. Therapeutic success is intrinsically related to the patient's level of cooperation. Motivation and psychological support of patients is a task not only for medical staff but also the family background of patients. The patient's world does not change only as a result of recommended treatment; as is typical for this empowerment, changes in personal health habits must occur. Patient cooperation and lifestyle change are the cornerstones of successful treatment for patients in the long term.



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