A prospective cohort study of severe obstructive sleep apnoea patients receiving second line-treatment with a mandibular repositioning device (CadCam; Narval)

Mandibular repositioning devices (MRDs) are an alternative therapy for obstructive sleep apnoea (OSA) especially in patients noncompliant with continuous positive airway pressure (CPAP) therapy.

ORCADES is a French prospective multicentre observational cohort study providing long-term data (5 years’ follow-up) on 360 OSA patients who refused or did not tolerate CPAP and were treated with a custom MRD. Baseline characteristics and results needed additional MA and a new control recording to achieve optimal efficacy.

To date, 143 patients have had a 3-month assessment (Table 1). After this visit, 10% of patients needed additional MA and a new control recording to achieve optimal efficacy. The rate of treatment success (defined as a ≥50% decrease in AHI) was 84%, irrespective of OSA severity or previous CPAP, and AHI was <10/h in 63.4% of patients.

As at 31 January 2013, 232 patients had been treated with a MRD (71% male, age 53.2±1.9 years, body mass index 27.1±4.1 kg/m²; 21% of patients were obese, 31% had hypertension and 49.8% had previously been treated with CPAP).

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59.4% of patients had an Epworth Sleepiness Scale (ESS) score >10. 79% of patients were daily snorers and 42% had severe snoring. The mean number of titration visits was 2.0±1.0, and the final mean MA was 7.3±2.2 mm (75% of maximum MA).

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