

Optimal Paediatric Upper Airway Health for Healthy Breathing

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COLUMN ARTICLE

'Breathing', the first function of our body when we arrive to this world is so important not just to stay alive but to stay healthy and alive.

Mouth Breathing is a common breathing problem where in an individual bypasses critical functions of breathing through the nose. Be it due to habit or due to blocked nasal passages (Allergies, Deviated Nasal Septum, enlarged adenoids) the impact is negative on the quality of life of the individual.

Most healthcare providers do not realise that Mouth Breathing is a complex health concern that can lead to sleep apnea, speech impediments, and improper facial growth.

Children with Mouth Breathing if left untreated may develop long, narrow faces, narrow mouths, high palatal vaults, dental malocclusion, gummy smile and many other unattractive facial features. Also, studies have shown that due to their lack of sleep they perform poor in academics as well.

Collaboration is the new medicine!

With research data demonstrating link between oral and general health, and more so between the mode of breathing and facial development, we have an opportunity to collaborate with other health care providers forming "Interprofessional Teams" that can deliver preventive, interceptive and corrective care to the society with the goal of improving overall health outcomes of patients. Removing the boundaries between each and every speciality will allow all health care providers to change their attitude and approach to health outcomes. We have to work together to focus on addressing the health needs of the community using our collaborative efforts.

There are certain health disorders which can and must be addressed by not just one, but by a multi-professional team. Mouth Breathing (Nasal Obstruction) is one such health issue which requires Interprofessional team with Paediatrician, Otorhinolaryngologist and an Orthodontist's working as a team.

When we work together, we learn together.

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