

**ABDSM Comprehensive Exam Study Guide |
475 Questions with 100% Correct Answers |
Verified | Latest Update 2024**

What are the characteristics of a non-reducing disc displacement? - ✓✓ANSW✓✓ - Maximum opening 26 mm

- Deflection TO affected side
- No clicking
- History of locking
- History of reducing disc displacement

What are the characteristics of insomnia? -

- ✓✓ANSW✓✓ - Difficulty initiating or maintaining sleep
- Waking earlier than desired
 - Difficulty at least 3 nights per week for at least 3 months
 - Daytime impairment due to sleep difficulty

What are the characteristics of temporal tendonitis? -

✓✓ANSW✓✓- Pain at temporalis insertion

- Possible joint, ear, cheekbone, molar pain

- Could feel like a migraine and cause limited opening

What are the effects of sleep loss on mental health? -

✓✓ANSW✓✓- Decreased neurotransmitters affecting mood (stress, irritability, depression, alcohol use, suicide)

- Decreased quality of life

What are the effects of sleep loss on risk of early death? -

✓✓ANSW✓✓Increases risk of dying by ANY cause by 15-30%

What are the effects of sleep loss on the cardiovascular system? - ✓✓ANSW✓✓- Increased heart disease

- Increased BP

- Increased risk for heart attack, stroke

IF <5 hrs of sleep, have 45% greater risk

What are the effects of sleep loss on the nervous system?

- ✓✓ANSW✓✓- Affects balance (more falls)
- Increased tremors, seizures, pain, headaches

What are the endocrine effects of sleep loss? -

- ✓✓ANSW✓✓- Increase in stress hormones
- Affects thyroid, GH
- Diabetes and impaired glucose tolerance
- Affects appetite regulating hormone

What are the functions of the uvula? - ✓✓ANSW✓✓-

Sensation

- Mucous production
- Speech
- Swallowing

What are the goals of nasal surgery for OSA? -

✓✓ANSW✓✓- Improve nasal airway

- Resolve snoring
- Improved SDB subjective symptoms
- Improve CPAP/OA compliance

What are the greatest cardiovascular sequelae after OSA?

- ✓✓ANSW✓✓- Systemic HTN
- Right and left ventricular hypertrophy

What are the indications for MADs? - ✓✓ANSW✓✓-

Minimum of 10 sound teeth per jaw

- <20% tooth height destroyed by bruxism
- Ability to protrude the jaw 5-8 mm min
- Minimum maximum opening of 25-40 mm

What are the main purposes of sleep? - ✓✓ANSW✓✓-

Enhance memory consolidation

- Promote alertness