

## Special Issue

# Phenotypic Approaches to Obstructive Sleep Apnea - New Pathways for Targeted Therapy

### Message from the Guest Editors

The pathophysiology of obstructive sleep apnea syndrome (OSA) is heterogeneous with various contributing factors. Four contributing phenotypes recently identified are airway collapsibility or impaired anatomy, poor pharyngeal muscle responsiveness, a low arousal threshold, and a high loop gain, interacting alone or together, resulting in different phenotypic traits of OSA. This Special Issue will focus on OSA pathophysiology and new emerging tools for identification of anatomic and non-anatomic phenotypic traits to enable a targeted treatment approach. In addition, airway limitations (inspiratory flow limitations, negative effort dependence) predict the upper airway (UA) anatomical abnormality and collapsibility with potential cardiovascular risks in pregnant woman and in upper airway resistance syndrome. OSA treatment options are mainly focused to improve the impaired UA anatomy. Continuous positive airway pressure (CPAP) represents the first-line therapy, but 50% of CPAP users are non-adherent. UA surgery includes a broad list of procedures, providing long-term outcomes in selected patients, although the complete resolution of the apneas is not often obtained.

### Guest Editors

Dr. Andrea de Vito

Head & Neck Department, Ear Nose Throat (ENT) Unit, Santa Maria delle Croci Hospital, Romagna Health Company, 48121 Ravenna, Italy

Dr. Venkata Koka

Consultant, ENT, and Sleep Lab, Paris, France

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Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[medicina@mdpi.com](mailto:medicina@mdpi.com)

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