

NOCTURNAL ENURESIS

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- A retrospective study showed that children with nocturnal enuresis reduced or stopped their bed wetting habit, dramatically, 1 - 4 months after treatment with RME (rapid maxillary expansion).
- *D.J. Timms, The Angle Orthodontist, 1990*
- The explanation being that improved oxygen saturation increases ADH production.

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■ RESULTS OF STUDY:

- The expansion of the maxilla was of moderate magnitude (3 - 5mm), but resulted in a notable improvement of nasal airflow (mean 33 %, maximum 60%). Younger children showed greater improvement than older.
- The nocturnal enuresis improved in seven out of ten children. Four became completely dry within a month.

MAXILLARY EXPANSION

- "Orthodontic maxillary expansion and effect on nocturnal enuresis in children"
- Juri Kurol, Hakan Modin, and Anders Bjerkhoel
- Orthodontic Department, Institute for Postgraduate Dental Education and ENT Department
- Ryhov Hospital, Jonkoping, Sweden

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- Wetting the bed during sleep is a common symptom among children with sleep apnoea and breathing problems.
- A possible explanation may be that insufficient saturation of the blood decreases the production of antidiuretic hormone.
- RME improves the nasal airflow as measured by rhinomanometry.