

New Oral Appliance Makes Sleep Apnea Treatment Easier for Patients

Offering a Full Range of Expert-Level Dental Care at Dentistry with TLC

After struggling with insomnia, fatigue and impaired concentration, you were relieved to learn you were suffering from a very common, treatable condition: obstructive sleep apnea. Unfortunately, you couldn't use the CPAP machine your doctor recommended for therapy. Between the mask, the noise and the uncomfortable sensation of continual air flow, it was almost worse than not sleeping at all.

"It is very difficult for many patients to use a continuous positive airway pressure, or CPAP, machine on a regular, long-term basis," notes Anna R. Smith, D.M.D of Dentistry with TLC. "In addition to creating a feeling of claustrophobia and contributing to uncomfortable dry mouth, the noise generated by the machine during normal use often repeatedly causes patients to wake during the night."

Caught between the choice of suffering with sleep apnea or suffering with CPAP, a great number of individuals abandon

"Using a comfortable, retainer-like oral appliance, we can reposition the jaw to maintain an open airway and eliminate episodes of obstructive sleep apnea," explains Dr. Smith. "The device is fitted to patients' exact oral measurements, so it is easy to use and wear. Many patients, in fact, report that following adjustment, they don't even notice they're wearing it anymore."

A breakthrough in the treatment of obstructive sleep apnea, this new oral appliance allows patients to reclaim quality sleep patterns and avoid some of the co-morbidity factors associated with the disease. "Beyond daytime drowsiness and increased risk for occupational and automobile accidents, obstructive sleep apnea also creates additional risk for heart attack, high blood pressure, stroke, diabetes and other serious health issues," says Dr. Smith

A Full Range of Comprehensive Care

At Dentistry with TLC, Dr. Smith and her colleagues provide a full continuum of high-quality dental health care, from treatment for

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CPAP treatment and failure rates have been estimated as high as 50 percent. Now, however, a new treatment has been developed with results so positive that the American Academy of Sleep Medicine has designated it as the first line of treatment for mild-to-moderate sleep apnea.

obstructive sleep apnea and oral surgery to general dentistry, orthodontics and leading-edge cosmetic dentistry services.

"We approach dentistry from the patient's point-of-view," says Dr. Smith. "By offering a complete range of dentistry in a single



Anna R. Smith D.M.D. shows a patient an x-ray of his jaw.

location, the process of receiving expert care is more convenient and accessible for our patients. What's more, we believe that visiting the dentist should be a comfortable experience. We get to know each of our patients and treat them with the same friendship and respect we would want for our own families — that's what Dentistry with TLC is all about."

With morning, lunch and evening appointment times and payment plans to fit every budget, Dentistry with TLC provides an unparalleled level of specialized care in an inviting, patient-centered environment. To learn more, or to schedule an appointment, please call 618-466-0733. Visit the website at www.dentistrywithtlc.net.

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