

# A Comfortable, More Effective Way To Treat Sleep Apnea & Snoring

Comprehensive, Patient-Centered Care from Fairlington Dental

VIRGINIA

For years, individuals living with mild to moderate sleep apnea had two equally unappealing choices when it came to managing their condition. The first choice was to use a bulky machine called CPAP while sleeping. The second choice was to do nothing at all. Given CPAP's greater-than-50 percent failure rate and its notoriously uncomfortable fit, many made the choice to do nothing at all.

Thanks to new advances in dentistry, there is now a much better solution: a comfortable, easy-to-use oral appliance called the "Silencer." Highly effective, virtually undetectable and recognized by the American Academy of Sleep Medicine as the treatment of choice for mild to moderate sleep apnea, the Silencer was an immediate hit when Michael B. Rogers, D.D.S. and his team at Fairlington Dental first introduced the appliance to patients who suffered from sleep apnea or snoring.

"Unlike CPAP, which must be worn over the face like a mask, the Silencer fits inside the mouth just like a retainer," explains Dr. Rogers. "And, like a retainer, we use impressions made from the patients' jaw structure to individually custom fit each appliance. It's so comfortable that, after a few nights, most patients don't even feel it anymore."



"The Silencer" is a comfortable, FDA approved oral appliance worn by patients who cannot tolerate the CPAP Machine.

When he initially began working with the Silencer, Dr. Rogers' success rate was an impressive 85 percent, a stark contrast to CPAP's high rate of failure. Now, however,



Michael B. Rogers, D.D.S. of Fairlington Dental

with the addition of a new device called a pharyngometer, even more of Dr. Rogers' patients are achieving successful outcomes.

"The pharyngometer is a completely noninvasive tool that uses acoustical waves to precisely map a patient's airway," Dr. Rogers says. "Having such highly accurate measurements not only allows us to make pinpoint changes in the way the appliance fits, but they also reveal whether or not the appliance will even be effective for a patient."

"There simply isn't a 'one-size-fits-all' approach for correcting sleep apnea and some patients are not good candidates for the Silencer," continues Dr. Rogers. "When we are able to find out, in advance, that an oral appliance is not the answer, it allows us to move toward a better solution without wasting the patient's time or money."

Matching the best solution to patients' individual needs is a hallmark of both Dr. Rogers and Fairlington Dental. "Our top priority is to give every patient the attention they deserve," says Dr. Rogers. "We use the best dentistry techniques available to make life better for our patients."

If you've received a diagnosis of mild to moderate sleep apnea and would like to explore the use of an oral appliance, please request a referral to Fairlington Dental. If you would like to use the Silencer to alleviate snoring, no referral is necessary and you may schedule a consultation simply by calling the office today at 703-671-1001.

To learn more about Dr. Rogers and the leading-edge dental care provided by Fairlington Dental, visit the website at [www.FairlingtonDental.com](http://www.FairlingtonDental.com).

---

"Our top priority is to give every patient the attention they deserve..." Michael B. Rogers, D.D.S.

---



**FairlingtonDental**  
Local Expertise for Healthy Smiles

4850 S 31st Street Suite A Arlington VA 22206  
Ph 703 671 1001  
[FairlingtonDental.com](http://FairlingtonDental.com)