

IS AN ORAL APPLIANCE RIGHT FOR YOU?

While an oral appliance does not cure snoring and sleep apnea, when used effectively both are improved and you will feel better. Sometimes the snoring will stop completely. The appliance acts to reposition the jaw and tongue forward, opening the airway. Most patients find that the device is less cumbersome, more comfortable and easier to wear than a CPAP mask.

Making a dental appliance usually involves two appointments that are quick and simple.



SomnoMed

ACADEMY OF
DENTAL
SLEEP
MEDICINE



Dean A Victor DDS, D.ABDSM Diplomate, American Board of Dental Sleep Medicine

Dr. Victor is a graduate of Michigan State University and the University of Michigan Dental School. He is one of four dentists Board Certified by the American Academy of Dental Sleep Medicine in the state of Michigan. Dr. Victor has been making custom oral appliances for the treatment of snoring and Obstructive Sleep Apnea since 1995. Dr. Victor has practiced in Roseville, Michigan since 1973. He is on staff at Oakwood Hospital.



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Oral Appliances

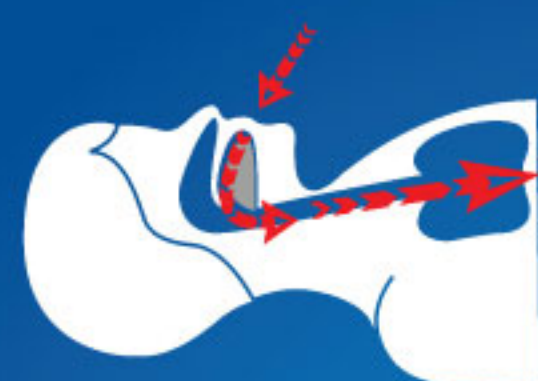
For Snoring and
Sleep Apnea



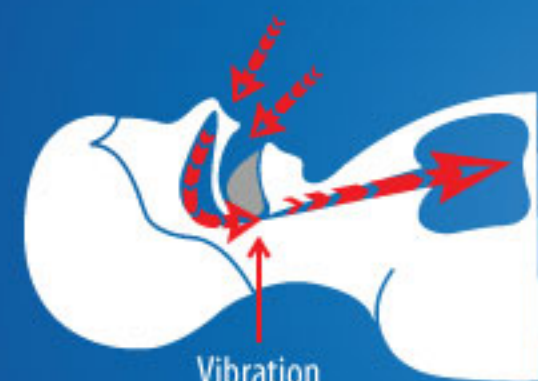
The use of an oral appliance may be a convenient and effective treatment for snoring and obstructive sleep apnea. Most patients prefer oral appliances over CPAP for comfort and ease of use.

Snoring is the result of airflow through a narrow airway causing the vibration of loose tissue. This can be extremely loud and annoying, often disrupting the sleep of others.

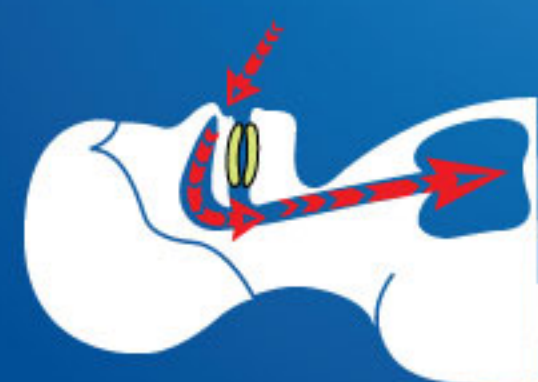
Snoring can be symptomatic of a more serious condition called obstructive sleep apnea. Airway blockage during sleep causes diminished airflow into the lungs, increasing effort to breathe, and repeated barely conscious awakenings throughout the night.



Normal Airflow.



Relaxed position causes tongue and throat tissue to collapse and narrows the airway.



Oral Appliance maintains forward jaw position and keeps AIRWAY OPEN!!!

TREATMENT OF SNORING AND SLEEP APNEA

Patients with severe sleep apnea may partially or completely stop breathing from 30 to 80 or more times an hour. The initial treatment of choice is usually Continuous Positive airway Pressure (CPAP). CPAP is highly effective as long as the patient uses it throughout the evening. However, some apnea sufferers are unable to or unwilling to do this. An oral appliance can be an effective alternative to CPAP.

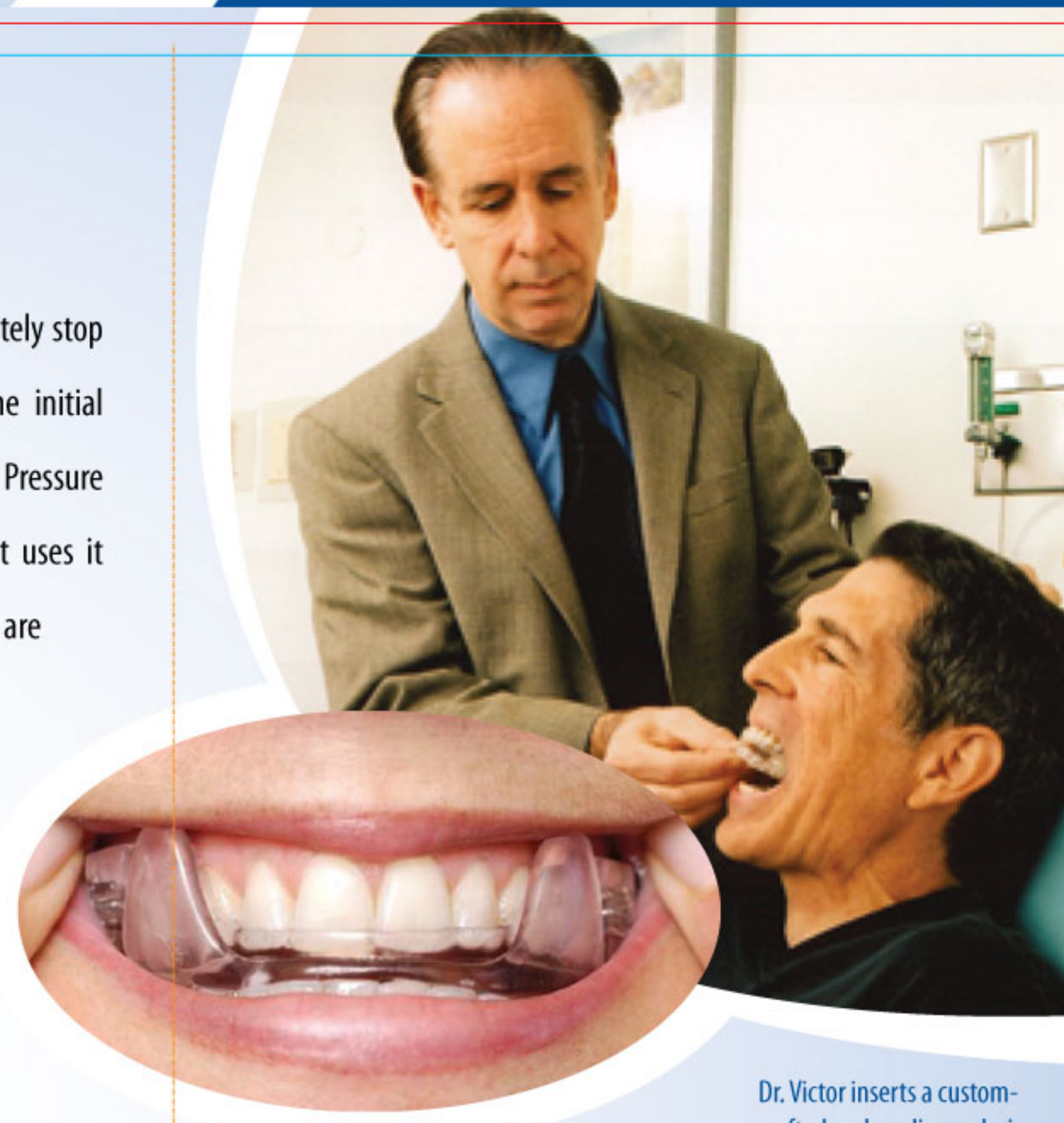
The American Academy of Sleep Medicine (AASM) now recommends the use of oral appliances for mild to moderate Obstructive Sleep Apnea (OSA), or for patients with severe OSA who are unable to tolerate CPAP or refuse treatment with CPAP.

The appliance acts to hold the lower jaw and tongue forward, opening the posterior airway and throat, reducing snoring and improving breathing.

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Dr. Victor inserts a custom-crafted oral appliance during a patient's second office visit.

DID YOU KNOW????

- 30 Million Americans Snore
- 18 Million Americans Suffer from Sleep Apnea
- 50% of Sleep Apnea Patients have High Blood Pressure

Sleep Apnea Patients have an increased incidence of Cardiovascular Disease, including strokes, irregular heartbeats, and hypertension. They also can suffer from daytime sleepiness, Gastric Reflux, headaches, depression and impotence.