



Jacksonville Dental Sleep Medicine
Health Centered Dentistry
Dr. Bruce A. Kanehl, D.D. S.
www.kanehldental.com
904-731-2162

ANNOUNCEMENT!

Greetings to our amazing patients! Thank you for your loyalty to our practice. We are happy to provide you with cutting edge health solutions! In doing so, we have been taking a closer interest in the health dangers of sleep apnea. The statistics and hazards of sleep apnea can be alarming...and when left untreated, sleep apnea can potentially lead to major health risks.

Until recently, the most common treatment for sleep apnea has been CPAP therapy. Once diagnosed with mild to moderate sleep apnea, we can now provide a more comfortable solution with a custom fit oral appliance, which is covered by most insurance companies. We have had extensive training in creating and fitting oral appliances in the treatment of sleep apnea. Now, instead of the CPAP pushing air down the throat, the oral device lowers the jaw naturally, opening the airway while you sleep.

Call 1-800-SLEEPTEST for a free consultation, or go to SLEEPTEST.com for a quick and easy 5 minute sleep evaluation. You can also stop by our office for additional information and assistance!

Dangers of Untreated Sleep Apnea

- People with untreated sleep apnea are 12 times more likely to be involved in an automobile accident. Tired driving is the #1 cause of car accidents and is statistically more dangerous than drunk driving.
- Impact of excessive sleepiness not only includes lack of energy, but also social implications, mood changes, and irritability.
- Poor supply of oxygen to the brain increases incidents of strokes and TIAs, heart problems, high blood pressure, and increased risk for Type II Diabetes. These are all associated with sleep apnea.
- “Depression or “chronic fatigue syndrome” is readily diagnosed in patients with the primary complaint of fatigue. Antidepressant medications are recommended, although unrecognized sleep apnea may be present.

*There are alternatives
to CPAP treatment!!*

What is Snoring? Do You Snore?

Snoring is simply the act of breathing, usually through an open mouth, in such a way as to cause vibration of the pharyngeal tissues. The rumbling tissues give rise to what can be a loud, unpleasant sound. Studies show that anywhere from 40-60% of adults snore. That's an alarming number!

Normally, air passes through the nose and the flexible structures in the back of the throat such as the soft palate, uvula, and tongue. During sleep, the muscles relax but typically the airway stays open. Snoring is created by the vibration of the pharyngeal soft tissues as air passes through an airway that is too small to allow for a smooth, unhindered flow. Seventy percent of the time, loud snoring is indicative of OSA – Obstructive Sleep Apnea.

Go To SleepTest.com To Take a Free and Easy Sleep Evaluation!

Did you Know?

Sleep Apnea was Ruled a Factor in Reggie White's Death

Sleep apnea has been established as a contributing cause in the death of Reggie White, a fearsome defensive end for the Philadelphia Eagles and Green Bay Packers. He died on the morning of December 26, 2004.

"A 43-year-old is not supposed to die in his sleep," said Keith Johnson, spokesman for the White family. "It was not only unexpected, but it was also a complete surprise. Reggie wasn't a sick man...he was vibrant. He had lots and lots of energy, lots of passion."

Reggie had tried conventional therapy to treat sleep apnea, which consists of wearing a facemask that delivers oxygen to the patient during the night. "Reggie was unable to wear the facemask because he was claustrophobic," explains Sara White, National Spokesperson for the Dental Organization for Sleep Apnea (DOSA) and White's widow.

Although considered one of the best treatments for Obstructive Sleep Apnea, many patients, (up to 87% in some studies), are unable to wear the facemask. Oral appliances, such as those prescribed by dentists, can be used for those who are mask-intolerant. They also can be used as a first-line therapy in treating mild-to-moderate obstructive sleep apnea, according to updated guidelines from the American Academy of Sleep Medicine. "With proper diagnosis and treatment, Reggie's death could have been prevented," says Sara White.

"If Reggie would have known about oral appliances, he might still be alive today," says Sara White.

Reference: http://www.sleepreviewmag.com/news/2006-05-17_01.asp

Take a free & easy sleep evaluation and have your results reviewed by a local sleep professional!

SleepTest.com



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Signs of Sleep Apnea

- Has your partner noticed that you gasp or stop breathing during sleep?
- Do you often wake feeling unrefreshed?
- Do you sometimes feel excessively sleepy during the day?
- Have your energy and motivation levels decreased?
- Are you overweight?
- Are you a heavy snorer?
- Does anyone else in your family have a history of snoring and sleep apnea?

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