

To our valued patients—

Do you suffer from poor sleep? Do you sleep 9-11 hours only to feel groggy and exhausted?
Does your partner complain of snoring!?

New Obstructive Sleep Apnea (OSA) treatment from Brian Howe DDS Family Dentistry may be able to help!

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Believe it or not, there are actually several oral signs that can lead us to suspect airway concerns which can affect your sleep. These can include— excessive wear on the teeth, abfractions, mallampati, an elongated soft palate, or even large tonsils.

1. When patients report these symptoms, we begin our treatment with questions regarding sleep habits, medical history, and specific medications; such as those for treating acid reflux, high blood pressure, sleeping, and antidepressants.
2. Next, we whip out our 3D Cone Beam X-Ray! It scans the jaw and airway, allowing us the opportunity to trace the root cause of obstruction. After discussing findings with our patient, they are then offered a take-home sleep test through our office.
3. The completed sleep-test report is evaluated by a sleep physician who provides any diagnoses or recommendations.

So now we have your results! Do you fall into the:

1. Mild – Low Moderate range? You have the option to treat your OSA with a personally-designed oral sleep device created through our office. We design via scan and digital imaging and then finish fabrication at a specialized dental laboratory.

or

2. High Moderate – Severe? We refer you to a sleep physician for potential sleep study leading to possible CPAP therapy.

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Either way, your journey to better sleep and a higher quality of life can start with us.

I'd love the opportunity to collaborate with you in your journey with OSA. I would also ask that you keep us in mind for all of your mild to moderate OSA patients, as well as those who are intolerant of CPAP! Oral sleep devices can be life-changing in this instance!

For further details of our protocol, I'd be more than happy to set up a meeting at your convenience. Let's go over any questions or concerns you may have, always remembering that collaboration is the name of the game. I'd be delighted to hear from you personally as to what treatment you feel is the very best for you and your loved ones.

Sincerely,

BH DDS