

MY LINCOLN DENTIST

OBSTRUCTIVE SLEEP APNEA

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Peace on Earth

We have all joked about the snoring roommate or possibly have been accused ourselves of ‘running a chainsaw’ during our nightly slumber. Besides an unhappy neighbor or elbow in the ribs, the regular snorer is different from another, more serious nocturnal condition called obstructive sleep apnea (OSA).

In OSA the person’s upper airway actually collapses and they have episodes during the night where they are unable to breathe. The severity of the OSA depends on the number of episodes and can range from just a few to 30 or more times per hour.

Most people are not aware that they have OSA unless someone else witnesses the condition. During the night a common sign would be snoring that is interrupted by silence and then a sudden gasp for air. It is typical for the person NOT to completely wake up.

During the day, the apnea can cause



fatigue and sleepiness. Other symptoms can be moodiness, depression, impaired memory and ability to focus attention.

OSA is a serious matter, since the condition can lead to increases in cardiovascular disease, diabetes, stroke, high blood pressure, heart arrhythmias, and traffic accidents due to falling asleep at the wheel.

Although, certain patients are more likely to have sleep apnea, it can affect men and women or young and old. Some estimates place the number of OSA sufferers (see back page)

TEAM SPOTLIGHT

Our office team continues to grow as we approach our 5 year anniversary next year. We work hard each day to provide the very best dental care. However it is thanks to you, our patients, that we have been able to thrive and enjoy coming to the office each morning.

Every one of us has our own story, so check our website to see a brief description, if you are curious to find out more. Visit our site at [www.](http://www.MyLincolnDentist.com)

www.MyLincolnDentist.com and click on the Meet Our Team tab. The website also has lots of information on various dental topics available.



Back Row: Kayla, Sonja, Michelle, Keri
Front Row: Valerie, Lacey, Paul, Christel

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To receive future newsletters, please make sure that your email address is updated with our office. By emailing these letters we are able to save on mailing cost and on paper use.

We're on the web!
www.MyLincolnDentist.com

ATTENTION PARENTS
Getting kids on the right track early!

Our office is offering free "Happy Teeth" Visits to our patients between the ages of 1-5. These visits are designed to introduce these youngsters to the dental setting in a positive way and educate the parents in how to prevent dental problems. It's never too early to start good habits. Tell a friend.



Mason Denzler (Paul and Elaheh's son) learns how to brush with our Smily Alligator and giant toothbrush. He is dressed like a dinosaur for Halloween.

OBSTRUCTIVE SLEEP APNEA

(cont. from front) 17% of the population! The medical community is starting to take notice, but it is still estimated that 95% of patients have not been diagnosed.

The gold standard for the treatment of OSA is the Continuous Positive Airway Pressure (CPAP) device. The patient wears the mask over the face at night and pressurized air keeps the airway open to allow for adequate breathing.



In cases of mild to moderate sleep apnea and in cases where the patient is unable to tolerate the CPAP, another alternative can be the Oral Appliance (OA). These orthotics are designed to reposition the jaw in such a way to open the airway and allow for proper breathing at night. Fabrication of these devices must be completed by practitioners who have received specific training in sleep apnea.

If you or someone you know has any questions about excessive snoring, OSA, or the Oral Appliance, please call our office. We work in conjunction with sleep physicians and medical insurance companies in providing this service.



Somnodent Oral Appliance

Dr. Denzler is a member of the American Academy of Dental Sleep Medicine and American Academy of Sleep Medicine

Dental Humor and Trivia

It's December and not too late to plant your winter garden.



Did you hear about the dentist who planted a garden?

A month later he was picking his teeth.

- Children begin to develop their primary (baby) teeth while still in the womb, 6 weeks after conception!



Our office is collecting for TOYS FOR TOTS again this year. If you would like to make a donation of a toy to a needy child in our community, please come by and drop a toy into our box.

Our Request to Our Patients

We are an office that welcomes new patients. If you have been satisfied with your care at Denzler Family Dentistry, please tell your family and friends. Word of mouth is our most valued source of new patients. Thank you!