2013 Sleep Apnea Letter to the Editor (LTE) Introduction

The Use of Oral Appliances in the Management of Sleep Apnea

*Prosthodontists can screen patients, and offer an alternative treatment option often not provided to patients by their physicians.*

Dear Editor:

For your consideration is a letter to the editor below about an alternative treatment option for patients with mild to moderate sleep apnea.

Thank you for your consideration,

(Name, Credentials)

Prosthodontist

(Address)

(City, State)

(Phone, Email) \* the editor may contact you directly prior to publication.

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**Sleep Apnea Cases Spike: Prosthodontists Can Screen for, Treat this Serious Medical Condition**

Prosthodontists:  Oral Device Accepted Alternative to CPAP and Surgery

Dear Editor:

In mild-to-moderate cases of sleep apnea people stop breathing for up to 30 times each hour and stop breathing for up to 30 second during each episode. In severe cases, breathing can stop for up to a minute per episode. More than a poor night’s sleep, sleep apnea is correlated with cardiovascular disease, heart attacks, diabetes, increased stroke risk and even death.

With the incidence of sleep apnea growing, increased awareness about treatment choices is critical.

If a loved one has shared that you snore, choke or gasp for air while asleep, get tested for sleep apnea.

As a prosthodontist, I know that sleep apnea results when one’s airways collapse while one is asleep resulting in a micro-arousal—where the person awakens slightly to gasp for air. Often undiagnosed, sleep apnea affects men and women. Prosthodontists are specialized dentists with advanced training in oral health issues, including screening for and treating sleep apnea with oral appliance.

Sleep apnea is best screened for, tested and treated by a multi-disciplinary patient care team, whose members can include prosthodontists and sleep doctors for improved patient outcomes. If sleep studies indicate sleep apnea, the patient care team may recommend you go to a prosthodontist ([GoToApro.org](http://www.gotoapro.org)) to determine if a custom-fitted oral device, or oral appliance therapy (OTA), works for you.

To work, an oral device must be worn each night. Keep sleep apnea in check. It’s a serious medical condition. Dental treatment options exist to manage it.

(Name, Credentials)

Prosthodontist

(City, State)