

Don't Snore Your Life Away



According to the National Sleep Foundation, nearly half of all people over the age of 40, snore. Snoring or obstructive sleep apnea, (OSA), is associated with higher risks for hypertension, heart disease, stroke, behavior and cognitive problems, mortality and other health concerns. As well as sleeping on the couch.

Snoring is a sign of airway narrowing. Age and/or weight gain are the primary reasons for this. A sleep study is needed to determine how harmful your particular snoring is. Although those close to you may already see its effects on you and them.

The American Academy of Sleep Medicine has recently stated that oral appliances are appropriate therapy for snoring and in mild to moderate cases is the treatment of choice. Continuous positive airway pressure (CPAP) can be more effective in treating OSA, especially, in the more severe cases. However, many people don't respond well or tolerate CPAP and oral appliances become a viable option.

Oral appliances are easy to fabricate and require little follow-up. Most importantly, most people respond well to this therapy, allowing them and their spouses a better nights sleep and a healthier life.



Comments or questions are always welcomed

Timothy P. Cadden DDS

631 South Wheeling St.

Oregon, Ohio 43616

419-693-1234

pcaddenp@aol.com