

Directions From:

North: I-95S to exit 19A and turn left on Kendrick St., which turns into Nahanton St. Turn Right on Wells Ave., 70 Wells Ave. will be on your left.

East: Take I-90 W/MA to Exit 15A/I-95S to exit 19A and turn left on Kendrick St., which turns into Nahanton St. Turn Right on Wells Ave., 70 Wells Ave. will be on your left.

South: I-95 N to exit 19A, merge onto Kendrick St., which turns into Nahanton St. Turn right on Wells Ave., 70 Wells Ave. will be on your left.

West: I-90 E to exit 14/I-95 S to exit 19A and turn left on Kendrick St., which turns into Nahanton St. Turn Right on Wells Ave., 70 Wells Ave. will be on your left.

Oral Appliances

Oral appliance therapy for the treatment of snoring and obstructive sleep apnea is effective and noninvasive.

Many appliances can be worn with no outward indication that there is any medical treatment going on. They are portable, require no electricity and are easy to use. They are suitable for use at home or when traveling.

Dear Doctors,

I cannot thank you enough for the impact that the oral appliance has had on my life. Because I have mixed apnea, I found that the CPAP created more difficulties than help. When my sleep doctor recommended that I see you I had no idea of what a life change it would be. I no longer have to carry the CPAP machine around to airports, and this little device is barely noticeable when wearing it. My teeth have remained strong and perfect and I would refer you and your practice to anyone wishing to try oral appliance therapy. And, best of all, my last sleep study showed fewer hypopneas than the doctors ever dreamed possible. Thank you and your entire staff for all you do."

Joanne I.

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When CPAP Isn't right for you...

Oral Appliance Therapy for treatment of obstructive sleep apnea

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Clinical Director

Diplomate, American Board of Dental Sleep Medicine

B. Gail Demko, DMD

Educational Director

Diplomate, American Board of Dental Sleep Medicine

Sleep
Apnea
Dentists of
New England

Oral Appliance Therapy for treatment of Obstructive Sleep Apnea

There are more than 150 oral appliances that have been cleared by the FDA for treating obstructive sleep apnea. These appliances are custom made and fitted. They are available only from a dental provider. They are similar to orthodontic retainers and can control snoring and sleep apnea in up to 75% of selected patients.

Oral Appliances are Designed to:

- Open the upper airway/
- Increase oxygen supply
- Decrease excessive daytime sleepiness
- Return nighttime breathing to normal
- Relieve the symptom of snoring

Oral Appliances

- Are easily portable
- Require no electricity
- Are comfortable
- Are quiet and discreet
- Are covered under most medical insurances

No One Appliance is Perfect

With so many FDA cleared oral appliances to treat snoring and obstructive sleep apnea, it is imperative your treating dentist is knowledgeable about oral appliances and their differences. This assures you receive that the appliance that is right for you.

Sleep Apnea Dentists of New England routinely uses eight FDA cleared appliances.

Appointments by referral only

Oral Appliance Therapy Isn't for Everyone

Oral appliances come in two major families. Those that hold your bottom jaw forward in a "bulldog" bite, (a mandibular repositioning device-MRD) and the other which holds your tongue forward, (a tongue retraining device-TRD).

Most common is the MRD, but this family of appliances requires healthy sound teeth for retention in the mouth.

A TRD is not retained by the teeth and can be used by people who have no teeth, have dentures, weak teeth or who have significant facial or jaw pain.

Oral delivery of positive airway pressure (PAP) and custom-made nasal mask retained without elastic straps and headgear are also available. This is known as Combination or Hybrid Therapy.

Ask Your Doctor:

- Is my Obstructive Sleep Apnea worse when I am on my back?
- Is my disease so severe that I require positive airway pressure?
- Would you refer me to Sleep Apnea Dentists of New England?

Please Bring to Your Appointment:

- Copies of your sleep studies
- Copies of dental x-rays from your dentist
- Any necessary referral from your Primary Care Physician (Blue Cross HMO patients require an authorization number from their PCP. Your PCP may obtain the authorization by contacting Blue Cross at 800-327-6713).

PAP therapy is the best treatment for severe obstructive sleep apnea.

Vicki E. Cohn, DDS

- General Dentist for 30 years in private practice
- Practicing Dental Sleep Medicine since 2005
- Limited to practicing Dental Sleep Medicine since 2016
- Member of the American Academy of Dental Sleep Medicine
- Member of the American Academy of Sleep Medicine
- Member of the World Sleep Society
- Member of the American Academy of Craniofacial Pain
- Member of the American Alliance for Healthy Sleep
- Member of the Massachusetts Sleep Society
- Nationally recognized lecturer in the area of Oral Appliance Therapy for Sleep Disorders & TMD

B. Gail Demko, DMD

- Expert Advisor to the FDA for oral devices, since 2004
- Limited to practicing Dental Sleep Medicine since 1997
- Past President of the American Academy of Dental Sleep Medicine
- On the editorial staff of multiple dental sleep medicine journals
- Internationally recognized lecturer in the area of Oral Appliance Therapy for Sleep Disorders

Dr. Cohn and Dr. Demko are active members of the American Academy of Dental Sleep Medicine*

**The American Academy of Dental Sleep Medicine is an international organization dedicated to research and education of medical providers in the use and fabrication of oral appliances for the treatment of obstructive apnea. They are the only organization, in this field, recognized by the American Dental Association.*