

## Treating sleep Apnea Calgary

While it may be an annoyance for your sleep partner, snoring itself is not generally a health threat. However, it is a common symptom of a serious concern called sleep apnea. Based on a 2009 study by the Public Health Agency of Canada, an estimated **three percent of Canadians** at least 18 years of age have been diagnosed with sleep apnea by a health professional. In addition, more than one of every four Canadian adults is considered at high risk of having obstructive sleep apnea (OSA). This condition can have a negative impact on sleep quality and overall wellness. The dentists at Calgary Dental Centers offer oral appliance therapy as a sleep apnea treatment option, for patients throughout the Calgary area.

### ***Understanding OSA***

Obstructive sleep apnea is the most common type. As you begin to fall asleep, the tongue drops back and soft tissues at the rear of the throat relax. As they collapse inward, they partially or fully obstruct the airway. Breathing becomes very shallow or stops completely for up to several minutes, **depriving the brain and body of vital oxygen**. The brain senses danger and sends a jolt of adrenaline. You jerk, choke, or gasp, take a few normal breaths, and the process repeats – potentially dozens of times an hour.

Anyone can develop OSA, but it is more common in men than in women, and in those who are overweight or have thick neck circumference. The consequences of untreated OSA are serious. Those with OSA have twice the chance of being in an automobile accident (from drowsiness) and have four times the risk of stroke. People with sleep apnea are more likely to report having diabetes, hypertension, heart disease, and mood disorders including depression, bipolar, mania, or dysthymia.

### ***Oral appliance therapy***

If you believe you may have OSA, the Canadian Thoracic Society recommends overnight polysomnography testing at a sleep laboratory. Once OSA is diagnosed, oral appliance therapy may bring relief. This small device looks something like a mouth guard worn for sports. Dr. Hanif Asaria takes oral impressions to create a customized appliance, and makes adjustments for comfortable wear. The appliance keeps the tongue depressed, and holds the jaw slightly open and forward to **keep the airway clear during sleep**.

An oral appliance for OSA is convenient (just insert it in your mouth before going to sleep), **discreet**, and quite portable. Oral appliance therapy may be used alone, or to improve the benefits of CPAP.

If you would like to learn more about oral appliance therapy for snoring and sleep apnea, call Calgary Dental Centers at XXX-XXX-XXXX.

*People with obstructive sleep apnea are encouraged to call Calgary Dental Centers for more information on oral appliance therapy. The number is XXX-XXX-XXXX.*