

The Patient's Guide To

# Snoring and Sleep Apnea

The Complications  
May Be More Severe  
Than You Think...



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## CONTENTS

Introduction	3
Snoring Is Not A Solo Sport!	3
Attention: The Combination of Sleep Apnea and Diabetes May Be Deadly.	4
What Are The Benefits Of Treatment?	6
Where Do I Get Needed Treatment?	7
What To Do Next?	7



# Introduction

If you or someone you love snore, gasps for air, or shows chronic fatigue during the day, it may be caused by undiagnosed Obstructive Sleep Apnea.

Approximately 50 million people in North America suffer from Obstructive Sleep Disorders, of which the most common symptom may be snoring. The 2 most common are APNEA, which is a cut-off of breathing, and HYPOPNEA, which is a reduction in breathing. Both reduce oxygen to the brain and cause it to send out stress hormones that awake you with a burst of adrenalin to start you breathing again. This keeps you from getting to the deep levels of sleep that you need to refresh your brain and body every night. Estimates are approaching 20% of the population having significant sleep disorder breathing.

## Snoring Is Not A Solo Sport!

Do you suffer from second-hand snoring? Sleeping with someone who snores may not only be annoying, but it may also be detrimental to your physical and emotional health. Research at the Mayo Clinic shows that people who sleep next to a snorer often suffer from:

- **A high incidence of aches and pains**
- **Hearing loss, especially in the ear most exposed to the snoring**
- **Fibromyalgia**
- **Depression or poor mental health**

- **Memory impairment**
- **Repressed anger, resentment toward their sleeping partner**

Both partners may be suffering from sleep disordered breathing, also known as OSA or Obstructive Sleep Apnea, although only one may acknowledge the problem... Often those who snore do not take complaints from their bed partner seriously or deny the problem entirely.

Sleep Apnea is a life-threatening condition. Heart attacks, strokes, high blood pressure, heartburn, impotence, morning headaches, and chronic daytime sleepiness are common symptoms of this severely under diagnosed condition.

According to the American Automobile Association, it is responsible for more traffic accidents each year than drunk driving. Sleep Apnea is thought to be primarily a male affliction. However, by the onset of menopause the ratio of women to men dramatically increases from one in three to one-to-one. This is largely attributed to hormonal changes of fat deposition around the neck and stomach instead of the hips and thighs.

The good news: advanced technology for screening and treatment of OSA can now be performed in the comfort and privacy of one's own bedroom. In addition to traditional in-lab studies, medically supervised sleep studies can be remotely monitored over the telephone lines and eventually the internet. "Getting a good night's sleep is a basic requirement for

performing at your best," says Dr. Hechtman. "Most people with sleep apnea aren't aware of the problem, and even those medically diagnosed with the problem often do not seek treatment. This can be a very dangerous condition, and we'd like the patient to be as informed as possible and know that help is available."

The untimely death of 43 year old NFL Hall-of-Famer Reggie White has been linked to sleep apnea. His wife, Sarah, has become the national spokesperson for DOSA, the Dental Organization for Sleep Apnea. "Many people, like Reggie White, have difficulty wearing the traditional treatment for apnea, the Continuous Positive Air Pressure mask, or CPAP", says Dr. Hechtman. Dentists with specific additional training can now create a special dental appliance designed to be worn at bedtime to open the airway and allow natural, comfortable breathing. It is very well tolerated, and our success rate is over 90%. Another benefit from therapy is that it is not uncommon for women to shed up to twenty pounds within the first year, most likely to due higher energy levels and activity"

The American Academy of Sleep Medicine and the FDA now recommend oral appliance therapy as one of the preferred treatments for mild to moderate apnea. The result: a quiet, healthy night's sleep for both partners and happier relationships!

## Attention: The Combination of Sleep Apnea and Diabetes May Be Deadly

Sleep apnea very common in people with diabetes and its treatment can reduce risk of cardiovascular disease. Here is a wake-up call to the millions of men and women with type 2 diabetes: Snoring at night or nodding off during the day may be symptoms of obstructive sleep apnea, a potentially life-threatening problem affecting one out of three diabetics.

Based on strong preliminary evidence linking the two disorders, global health experts are encouraging physicians to assess their diabetic

patients for sleep apnea symptoms and to screen sleep apnea sufferers for metabolic disorders. The recommendation comes from the International Diabetes Federation (IDF) Task Force on Epidemiology and Prevention.

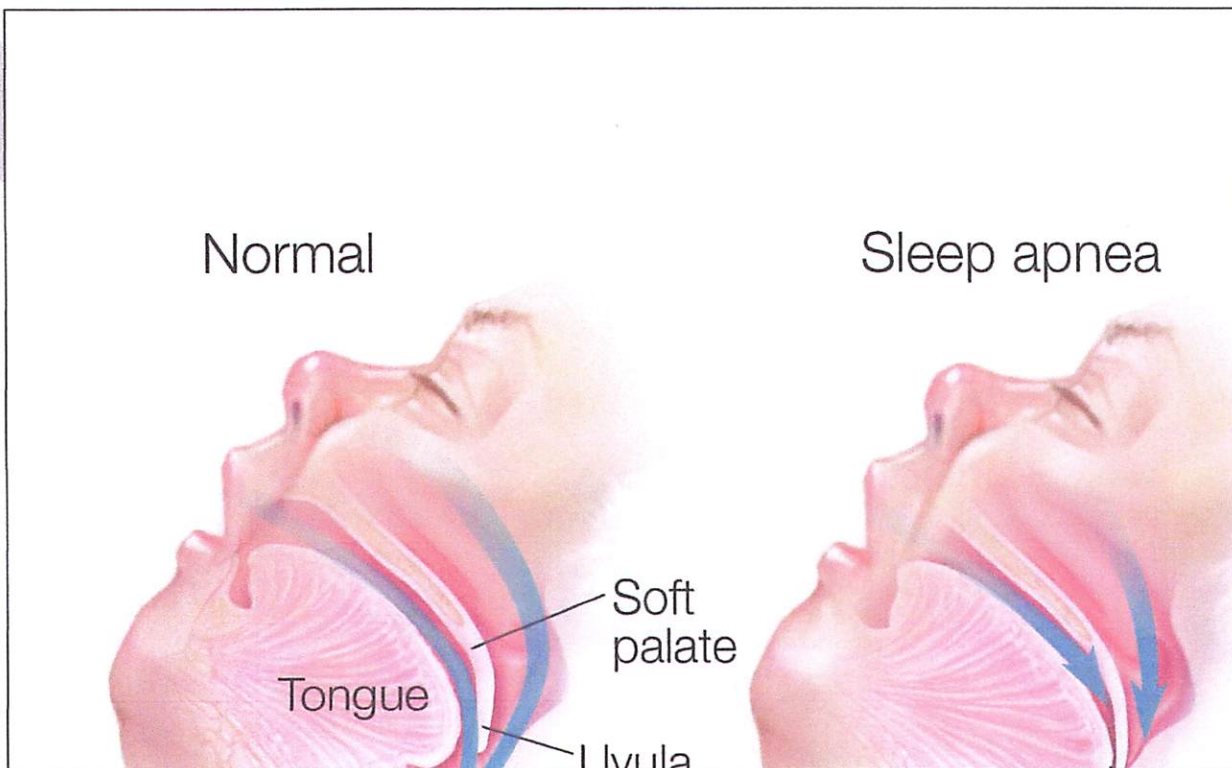
Sleep apnea occurs when a person's airway becomes blocked during sleep. It's usually caused by the collapse of soft tissue in the back of the throat during sleep.

Between snores, breathing stops for a period of 10 seconds or longer, and this pattern repeats itself multiple times over the course of a night. Not only does it deprive the person of a good night's sleep, but it may increase the risk for high blood pressure and heart disease, according to the IDF. This problem is much more prevalent among diabetics.

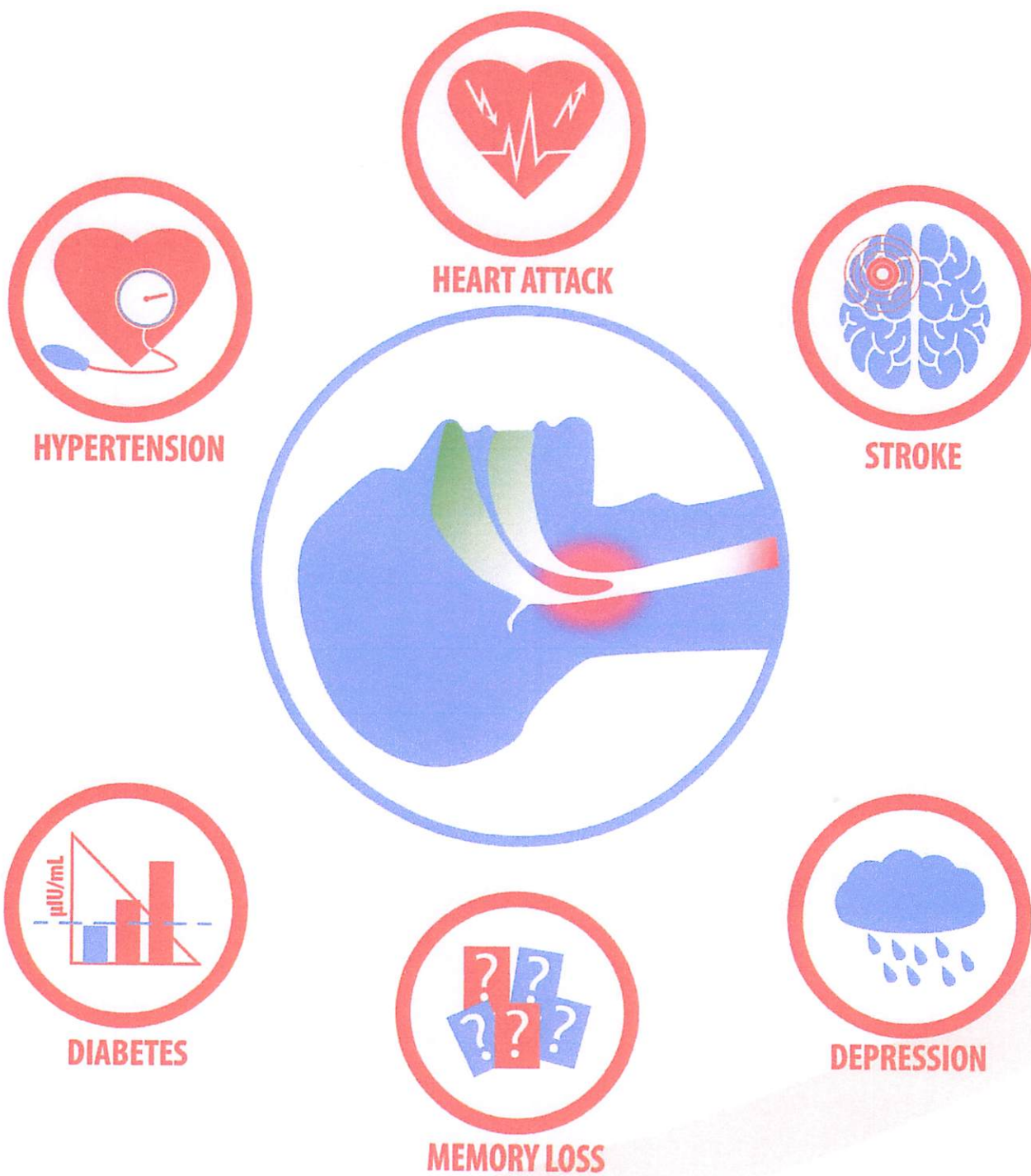
In a recent report, researcher examined data from 279 men and women with

type 2 diabetes. Overall, 36 percent had obstructive sleep apnea. Men with diabetes were particularly vulnerable. Below age 45, they had more than one-third increased chance of developing sleep apnea, and that risk doubled above age 65. For women below 45, the chances of having sleep apnea were slim: between 5 percent and 8 percent. Females 65 and older, however, had a one-third increased chance of having the sleep disorder, the study found. "It suggests that once you're diabetic, there's such a powerful disposition to obstructive sleep apnea that the other contributing variables are simply less important," and Dr. Daniel Einhorn, clinical professor of medicine at the University of California, San Diego. Diagnosing sleep apnea is critical, he noted, because treating the sleep disorder can make a huge difference in the patient's diabetes. "Successful treatment of sleep apnea has a greater impact to improve blood sugar than any single thing you can do in a diabetic," Einhorn said.

Previous research has also shown that people with mild to moderate sleep apnea were twice as likely to develop high blood pressure, compared to those without the sleep disorder. Those with severe sleep apnea were three times as likely to have high blood pressure, a risk factor for cardiovascular disease.



# Sleep Apnea Health Problems



## What Are The Benefits Of Treatment?

**IT IS LIFE TRANSFORMING!!!**

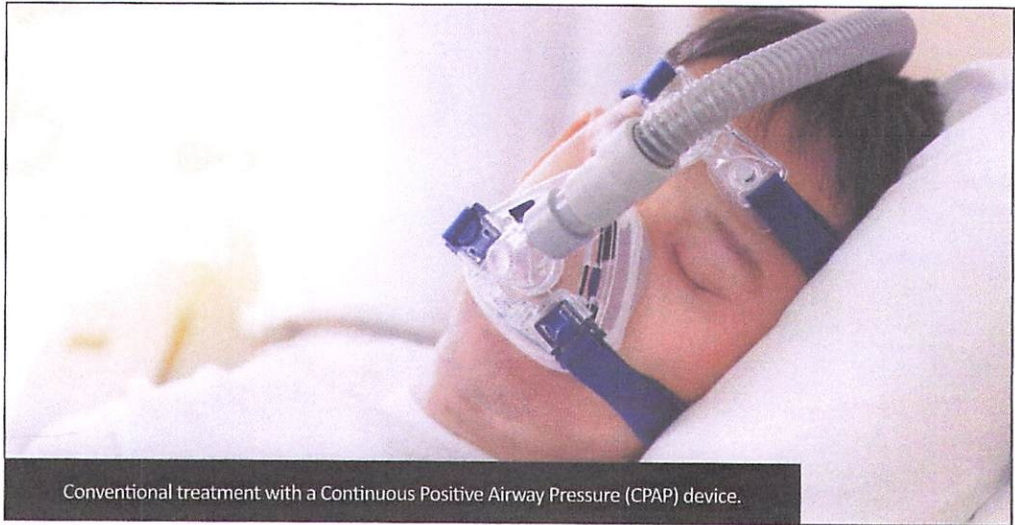
Treating your snoring and sleep disorder can be literally life transforming. It allows couples who were forced to sleep in separate rooms to sleep together again, saving marriages. Children can grow and develop better, reducing problems. Treatment reduces the risk of heart

attack and stroke. It Improves your overall performance in work and play when your brain and body get refreshed every night during the REM and Deep Sleep that you missed when you had to wake up to breathe numerous times per hour. **YOU WILL FEEL MUCH BETTER!!!**

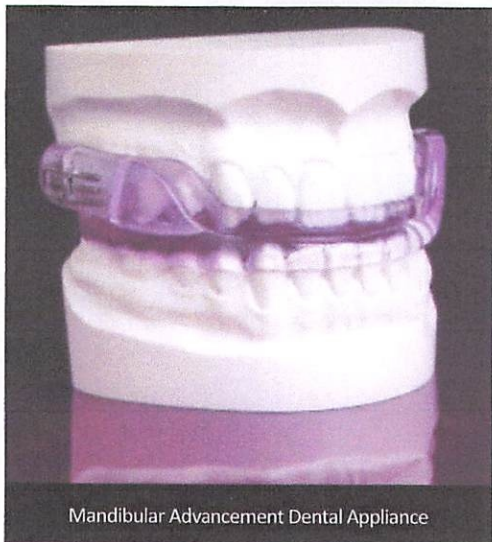


## Where Do I Get Needed Treatment?

There are DENTISTS with training to address these disorders working together with their physician counterparts. Oral appliances and CPAP (continuous positive airway pressure) machines are equally effective for mild to moderate sleep apnea according to the ACADEMY of SLEEP MEDICINE. Studies



Conventional treatment with a Continuous Positive Airway Pressure (CPAP) device.



Mandibular Advancement Dental Appliance

show that people prefer to wear the intra-oral appliances over CPAP machines, which fail due to non-use 70% of the time. If you have severe apnea, the CPAP should be tried first, then use the intra-oral appliance from a trained to provide this treatment appliance.

## What To Do Next?

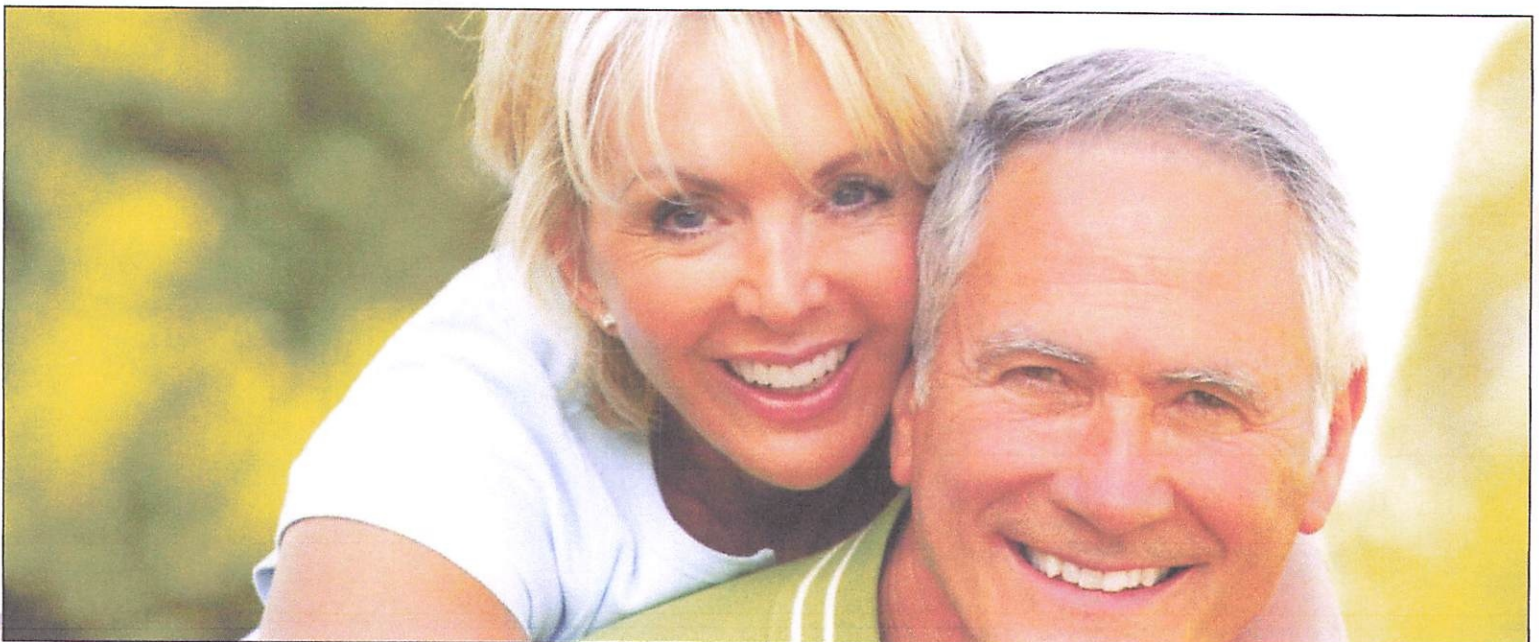
Take the next step towards a healthier, happier life and relationship. Call our office today at 248-669-5220 and speak to one of our patient

coordinators. They will find a time that works for you to come into our office for a free, private consultation to discuss your options.

You have the power to end those lonely, sleepless nights, and improve your health. Don't you think it's time you did something about it? Give us a call today at at 248-669-5220.

Enthusiastically,

Dr. Steven Z Hechtman, DDS, PC



**Ask About A Complimentary Consultation!**

Call **248-669-5220** to book your appointment.

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Wed: 7:00am – 1:00pm  
Thu: 7:00am – 5:00pm