

» Did you know? «

- Regular snorers have a 33% increased risk of cardiovascular disease.
- Patients with OSA are four times more likely to have a heart attack.
- 40-80% of stroke sufferers also suffer from OSA.



If you are experiencing any of the following symptoms you may have obstructive sleep apnea.

- Loud Snoring
- Excessive daytime sleepiness
- Depression
- Fatigue
- Reduced resistance to infection
- Irritability
- Poor concentration
- Low sex drive

Greater Attleboro Center for Dental Sleep Medicine



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Obstructive Sleep Apnea

- *Do you and your partner sleep in separate rooms due to loud snoring?*
- *Do you doze off unintentionally during the day?*
- *Do you often wake up feeling tired or with a headache?*
- *Do you have problems concentrating for long periods of time?*



Sleep apnea is underdiagnosed. Fewer than 25% of sufferers have been identified.



Obstructive Sleep Apnea Treatment Options



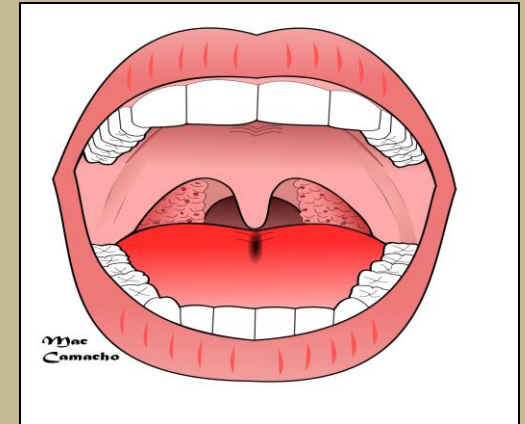
Continuous Positive Airway Pressure (CPAP)

A machine that blows air at a prescribed pressure via a hose to a nasal pillow, a nose mask or a full-face mask, keeping the airway open by air pressure in order to reduce airway resistance.



Oral Appliance Therapy

A device worn on the teeth to position the tongue and lower jaw forward while sleeping in order to reduce airway resistance.



Uvulopalatopharyngoplasty (UPPP)

A surgical procedure to widen the space in the back of the throat to reduce the collapsibility of the airway.