

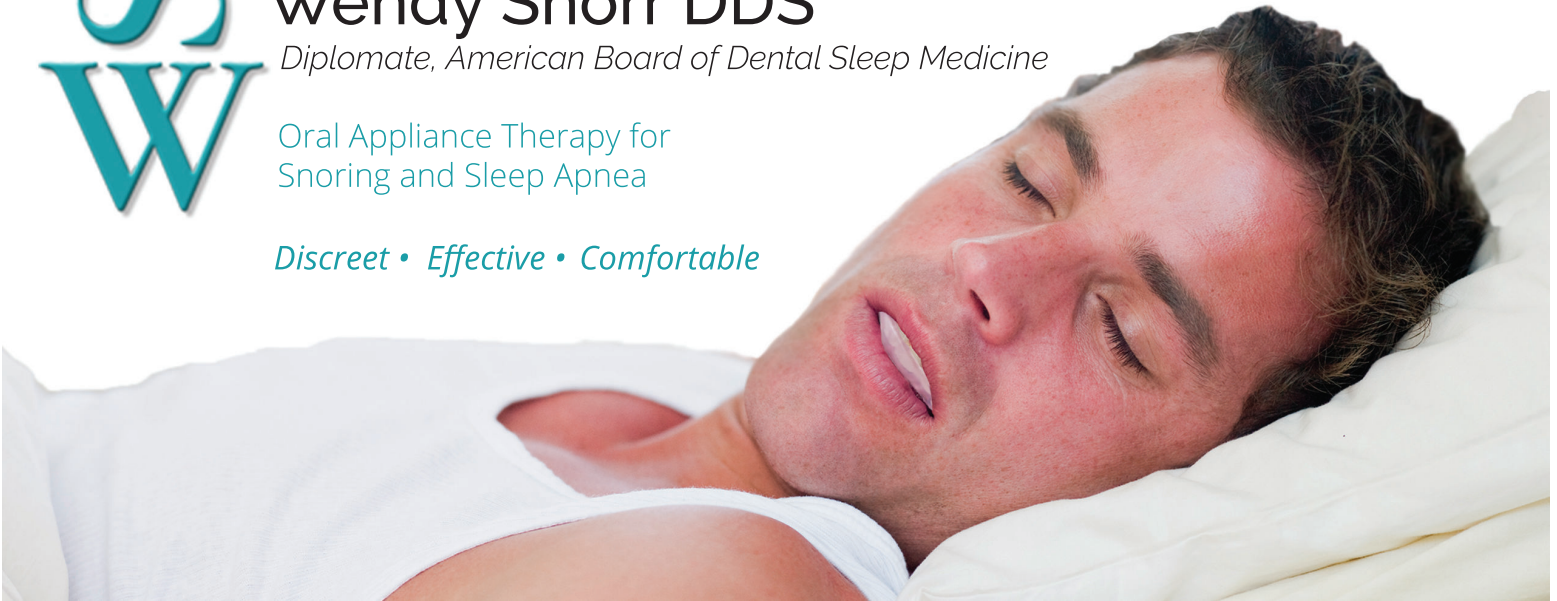


Wendy Shorr DDS

Diplomate, American Board of Dental Sleep Medicine

Oral Appliance Therapy for
Snoring and Sleep Apnea

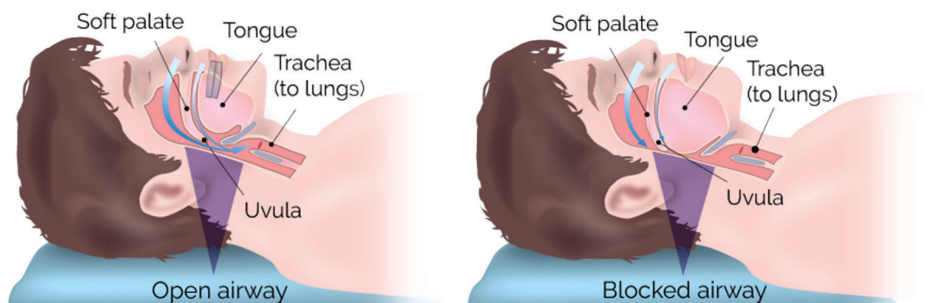
Discreet • Effective • Comfortable



What is Oral Appliance Therapy? (OAT)

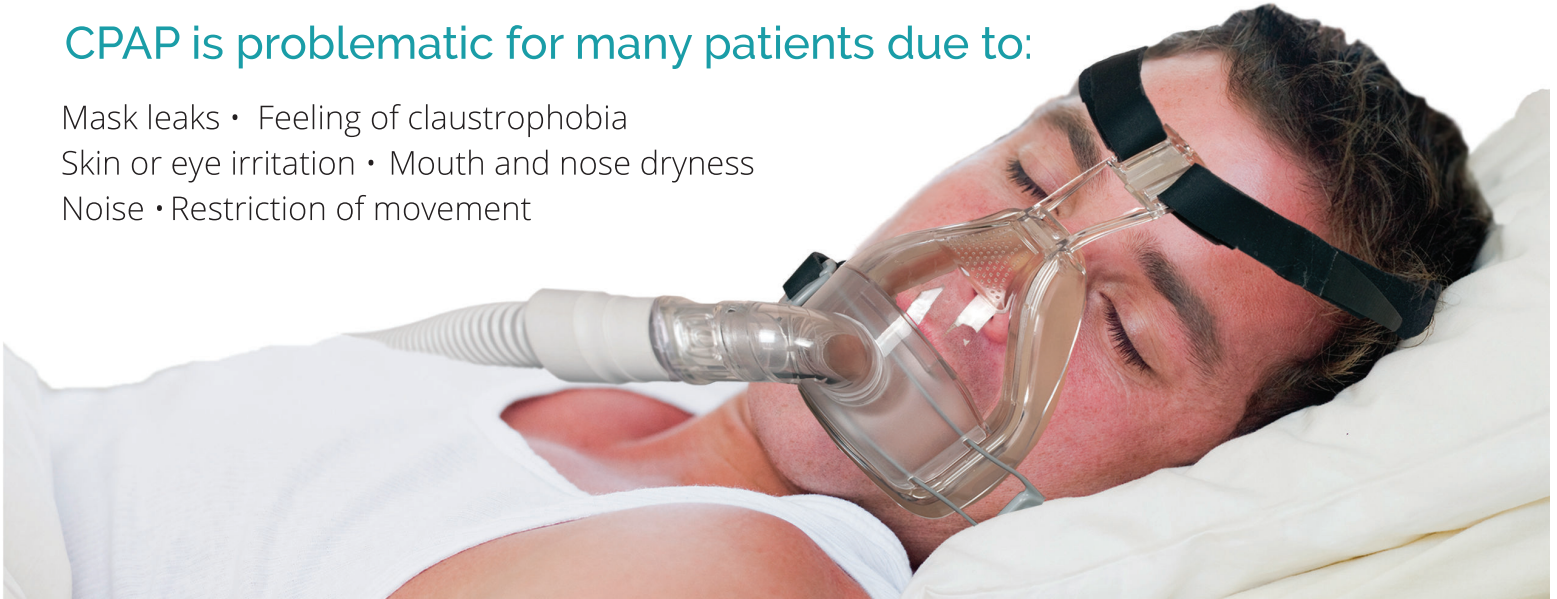
Oral appliance therapy is the selection, fabrication, and use of a custom-made mouthpiece that is worn during sleep to maintain an open unobstructed airway.

Oral Appliances reposition and maintain the lower jaw in a protruded position during sleep. They work by indirectly supporting the tongue and soft tissue behind the tongue in a forward position.



CPAP is problematic for many patients due to:

Mask leaks • Feeling of claustrophobia
Skin or eye irritation • Mouth and nose dryness
Noise • Restriction of movement



Our Commitment

We follow guidelines set forth by the physicians and dentists of the American Academy of Sleep Medicine and American Academy of Dental Sleep Medicine.

We provide regular follow-up care to help promote and strengthen the compliance for obstructive sleep apnea treatment.

We stay abreast of the latest advancements in the field of dental sleep medicine and are able to offer an array of devices based on patient needs.

We keep regular ongoing communications with our patients' medical and dental providers.

What is Sleep Apnea?

Obstructive Sleep Apnea (OSA) is the involuntary cessation of breathing repeatedly during sleep. This can happen hundreds of times per night, often for a minute or more.

In most cases the patient is unaware of these events. Loud snoring, pauses in breathing, or gasps are often signs of OSA.



Untreated apnea can result in:

High blood pressure
Heart Attack • Diabetes
Premature death • Stroke
Memory loss • Headaches
Depression • Irritability
Heart Arrhythmia

Frequently Asked Questions About Oral Appliance Therapy (OAT)

Which patients are candidates for OAT?

Oral appliances are recommended for patients with mild to moderate Obstructive Sleep Apnea (OSA), or patients with severe OSA who cannot tolerate CPAP therapy. Many successful CPAP users opt to use oral appliances for travel.

Can any dentist fabricate an oral appliance?

Yes, however, few dentists have the training and experience needed to interpret sleep studies and work with your sleep physician to achieve a successful result. Dr. Shorr is one of only a few hundred dentists in the US who are board certified in Dental Sleep Medicine by the American Board of Dental Sleep Medicine.

Frequently Asked Questions About Oral Appliance Therapy (OAT)

Are oral appliances covered by insurance?

Yes, they are covered by most **medical** plans and **Medicare**.

Do dental offices file claims for medical insurance and Medicare?

While most dental offices are not set up to file medical claims, Dr. Shorr is a Medicare provider, and her staff will file all medical and

Medicare claims to help you get the maximum coverage.

How do I know if I am a candidate for OAT?

Dr. Shorr will assess your sleep study and do a comprehensive oral examination to verify if you are a candidate for OAT. From there, she will determine which appliance would best suit your individual needs.

Do oral appliances cause teeth or jaw problems?

Most jaw discomfort is transient and resolves within a few weeks. Quite often, patients with existing TMJ pain find that OAT helps them improve their symptoms.



Examples of FDA cleared appliances

Dr. Shorr is one of only a few hundred dentists in the US, who are Board Certified in Dental Sleep Medicine.*

After a complete examination she will choose an appropriate appliance for your individual needs.

Dr. Shorr will also communicate with your physician and dentist to insure comprehensive effective treatment.



SomnoDent Appliance



Narval Appliance



Herbst Appliance



TAP 3 Elite



SUAD Appliance

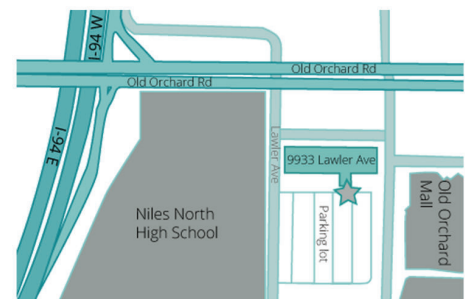
*A complete list of board certified dentists can be found on the American Academy of Dental Sleep Medicine website.

Contact Information



Wendy Shorr, DDS
9933 Lawler Ave.
Skokie, IL 60077

WendyShorrDDS.com
Vivian@WendyShorrDDS.com
847.673.8883



Wendy Shorr, DDS
Diplomate, American Board
of Dental Sleep Medicine

Approved Medicare Provider