

HEALTH PROBLEM

Specific treatments

When sleep apnea is suspected, **Dr. Gerber** will refer the patient to a pulmonary, or ENT, specialist to determine the location of the obstruction. Usually, sleep study is also required. When the details of the degree of apnea are recorded, then appropriate treatment recommendations can be made. There are three modalities of treatment that may be recommended. A nasal CPAP (Continuous Positive Airway Pressure) mask is worn over the nose. With a CPAP, the airway is kept open by using a compressor that gently forces air through the nasal passages. Surgery may be recommended if physical abnormalities like enlarged tonsils, nasal polyps, a deviated septum, or malformations of the jaw or palate are responsible for the closing of the airway. There are numerous surgical techniques which are available to help correct these defects. Dental appliances have also been very successful in the treatment of snoring and in both the diagnosis and treatment of obstructive apnea, depending upon the severity of the apnea.

Dental appliances help keep the airway open during sleep by bringing the jaw forward, elevating the soft palate, and moving the tongue forward.

If you have any questions about snoring or sleep apnea, or would like a consultation with **Dr. Gerber**, please call **310-652-0450**.

A SLEEP

QUIZ

Answering these simple questions may be the first step to a restful night's sleep for you and your loved ones. Some of the problems listed here may appear suddenly or emerge over many years. It is possible that you are not even aware of them. That is why we recommend that you discuss these questions with your family members, as they may be the first to recognize any of these signs.

1. I have been told that I snore.
2. I have been told that I snore loudly, every night, in all positions.
3. I have been told that I stop breathing while I sleep.
4. I have jolted awake gasping for breath during the night.
5. After a full night's sleep, I still wake up feeling tired.
6. I fall asleep at inappropriate times—for example, at work or behind the wheel of a car.
7. I have trouble concentrating.
8. I have become unusually forgetful.
9. People say or I feel that I have become uncharacteristically irritable, anxious, or depressed.
10. I wake up with a headache.
11. I have high blood pressure.
12. I seem to have lost my sex drive.
13. I am overweight.

If you answer yes to any of these statements, you should consult your physician or **Dr. Gerber** about snoring and sleep apnea.

Overfed but undernourished (continued from back page)

(inflammation of the tissues of the mouth), ulcerations in the mouth, and angular cheilitis (inflammation at the corners of the mouth)

■ Periodontal (gum) disease

Patients who are overweight or obese can be proactive to lose weight with the help of a physician and/or registered dietician, or with

the help of a respected program like Cedars-Sinai's Weight Management Program.

Our dental office can provide you with dietary information, instruction on decay control, regular dental prophylaxis, frequent fluoride treatments, intensified instruction on oral hygiene,

restoration of any decayed, missing, or broken teeth, and treatment for periodontal disease.

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(Parts of this article were taken from the CDA Journal, August 2008)