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Board Certified Diplomate of
the American Board of Dental
Sleep Medicine

Serving Today's Health Conscious Family



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Treating Sleep Apnea Improves Your Health and Your Life!

Obstructive sleep apnea (OSA) is a common sleep disorder, that develops when your throat muscles relax, causing your airway to narrow or close as you breathe in. Your breathing momentarily stops, and your brain, sensing your inability to breathe, awakes you so you can reopen your airway. **The awakening is so brief most don't remember it.**

OSA can affect anyone from childhood through old age. Not only has it been linked to some cases of Sudden Infant Death Syndrome and may appear in overweight children, but it's estimated that up to 45 percent of children are misdiagnosed with ADD or ADHD who really have OSA. Their tiredness may be the factor leading to sluggishness and poor performance in school.

With recent technological advances, oral appliance therapy has become a widely accepted alternative to surgery or conventional Continuous Positive Airway Pressure (CPAP), and is often the first choice of people diagnosed with mild to moderate sleep apnea. These oral appliances are similar to orthodontic retainers and mouth guards and are worn while you sleep in an effort to maintain an open, unobstructed airway to the throat. The appliance works by repositioning the lower jaw, tongue, soft palate and uvula; stabilizing the lower jaw and tongue; and increasing the muscle tone of the tongue.

At Alpine Dental we are specifically trained in oral appliance therapy. If you think you or your loved one may be suffering from OSA or if you or your loved one have been diagnosed but are unhappy with your CPAP, **call us today for a FREE SCREENING** to see if an oral appliance is an option for you. **We have excellent results obtaining insurance benefits to cover the costs and have Care Credit offering different payment programs.**

Spring Special

Schedule your complimentary Pharyngometry Screening before April 21, 2010 and receive a complimentary comprehensive dental examination and necessary dental x-rays prior to oral appliance placement.

Sleep Apnea Symptoms:

The biggest challenge is realizing you have Sleep Apnea. Here are some of the most common signs and symptoms:

- Loud Snoring
- Frequent cessation of breathing (Apnea) during sleep
- Choking, gasping, or gagging during sleep to get air into the lungs
- Night Sweating
- Feeling un-refreshed in the morning, daytime sleepiness
- Rapid weight gain
- GERD Gastric Reflux
- Memory Loss and learning difficulties
- Headaches upon waking
- Personality changes, such as depression, irritability, and constant frustration
- High Blood Pressure, Heart Attack, Stroke
- ADD/ADHD Diagnosis
- Erectile Dysfunction

We Offer a Solution That is Easy and Practical

Without oral appliance, airway is constricted



With oral appliance, airway has been opened dramatically!



"Over the past several years, I have had the pleasure of referring to Dr. Klein many of my clients with obstructive sleep apnea. We have had much success with the mandibular advancement device in adult clients. Orthopedic correction has been very helpful in the post-operative pediatric patient when sleep apnea persists or when surgery is not an option. Our goal has been to eliminate or minimize the need for CPAP, especially when poorly tolerated."

-Jonathan Warren, M.D., Board Certified, Critical Care and Sleep Medicine, Arlington Heights



Conveniently located on the corner of Route 12 (Rand Rd.) and Timberlake, three miles north of Route 22



New Patient Special:
Come in for a Free Dental Consultation and Necessary X-rays, New Patients Only.
Must mention this advertisement!

Offering superior General Dentistry in the Barrington/ Lake Zurich area for over 29 years.