



Not Your Average Dentist

Are you always tired? Do you feel depressed or have trouble remembering things? Do you have chronic pain or poor circulation? Are you currently pregnant, menopausal or post-menopausal, or have you had a hysterectomy? **If you said yes more than once, you may have sleep apnea.**

What is Sleep Apnea?

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. Obstructive sleep apnea (OSA) is the more common form, in which obstruction of breathing occurs because the muscles of the throat, tongue, and jaw relax and close the airway. This causes oxygen deprivation and repeated waking and gasping throughout the night. OSA has been associated with a number of life-threatening conditions, including diabetes, stroke, and heart disease. However, with effective treatment, symptoms and risks of associated illnesses decrease dramatically.

Menopausal Women Are Often Misdiagnosed!

Women who have had a hysterectomy experience many of the same hormonal changes and symptoms as those who have gone through or are currently going through menopause. Complaints regarding daytime sleepiness increase, as well as increases in depression, chronic pain, and chronic fatigue. Sleep disturbances in these cases are often considered by doctors to be a natural symptom of menopause – which means **sleep disorders in these women are often overlooked and undiagnosed!** These symptoms can be related to sleep-disordered breathing, and with proper evaluation, diagnosis, and treatment, the symptoms can be greatly alleviated. Rather than accepting fatigue or mood changes as a “natural” part of menopause, consider that you may have undiagnosed OSA, and your symptoms could vastly improve with the correct care.

Experience You Can Trust! Not Your Average Dental Office!

Our Dentists are not only **board-certified and experienced** in treating Obstructive Sleep Apnea, but they are also capable of offering many other services you won't find at most dental practices.

At Alpine Dental, we regularly help people who have been diagnosed with mild to moderate sleep apnea, do not want to have surgery, and have been found to be CPAP intolerant. Dr. Klein and Dr. Bashford are both board-certified by the American Academy of Dental Sleep Medicine in treating sleep apnea with oral appliance therapy, and both doctors have extensive experience and success in treating patients who used to suffer from sleep apnea, but now find it manageable. We keep up-to-date with the most current diagnostic information and treatment options in order to make sure our patients get the best care available!

Dr. Bashford is a Member of the International College of Oral Implantologists, and is proud to work at **one of the few dental offices in the country that offer completely non-metal** (Swiss Zirconia) implants, crowns, and bridges! Dr. Klein is one of few Diplomates of the American Board of Craniofacial Pain in the state, **specializing in the treatment of headaches, TMJ, and related disorders.**

“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... when poorly tolerated.”

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

SNORING? HAVE MEDICARE*? WE'RE HERE TO HELP!

For patients without a diagnosis of OSA, without medical insurance, or with Medicare coverage, we offer an affordable alternative treatment plan and snore guards. Please call our office at 847-277-0090 for details!

*We are not a Medicare provider, but we regularly help patients with Medicare!

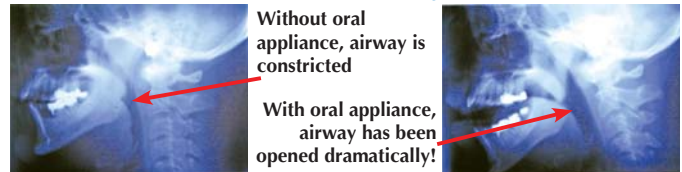
If you have been diagnosed with sleep apnea, give us a call to see if oral appliance therapy is right for you! If you believe you may be at risk for sleep apnea, contact a physician to schedule a sleep study as soon as you can. If this sounds like someone you know, show them this article! Protect your health and your loved ones; breathe well, rest well, live well!

KNOW THE SYMPTOMS AND RISKS: YOU COULD SAVE A LIFE!

- Rapid weight gain
- Chronic fatigue or daytime tiredness
- Loud snoring/Frequent apneic events
- Heart attack, stroke, diabetes
- Depression, anxiety, ADHD
- Preeclampsia in pregnant women
- High Blood Pressure/Hypertension
- Chronic pain/Fibromyalgia
- Sexual dysfunction
- Poor immune system

Get proper care and rid yourself of many symptoms of sleep apnea. Treating sleep apnea can also lower your risk for developing associated disorders.

We Offer a Solution that is Easy and Practical!



Without oral appliance, airway is constricted
With oral appliance, airway has been opened dramatically!

Why An Oral Appliance?

It's simple. You wear it at night, you breathe better, you sleep better!

It's quiet. No noise, no plugs, no electricity required.

It's safe. Surgery has many risks, unlike oral appliance therapy.

It's covered! Most medical insurers will reimburse for oral appliance therapy for diagnosed sleep apnea.

Call us to set up a **FREE SCREENING** to see if oral appliance therapy can help you!

No Insurance? NO PROBLEM!

Ask about our affordable in-house Dental program! As low as **\$26.99/month!**



Debora Klein, D.D.S.
Board Certified Diplomate of the American Board of Dental Sleep Medicine

Our Practice Has Been Proudly Mercury-Free For Over 22 Years!
Serving Today's Health-Conscious Family



428 N. Rand Rd., North Barrington, IL. 60010
www.AlpineDentalpc.com
847-277-0090



Timothy Bashford, D.D.S.
Board Certified Diplomate of the American Board of Dental Sleep Medicine

Offering Superior General Dentistry in the Barrington/Lake Zurich area for 30 Years.