

Ansonia Dentist Explains Sleep Apnea Treatment For Patients

Written by Australian Business

ANSONIA, CT, September 28, 2013 /24-7PressRelease/ -- Because Sleep Apnea is considered primarily to be a medical condition, a physician specializing in sleep disorders must initially diagnose Dr. Lerman's patients through a sleep study. After the diagnosis is made the specialist will recommend a line of treatment and refer the patient to Dr. Lerman in Ansonia for sleep apnea treatment.

There are three types of Obstructive sleep apnea: mild, moderate and severe. For mild to moderate sleep apnea the first choice of treatment is usually oral appliance therapy. Because dentists are experts on the mechanics of the teeth, jaw and palate, an Ansonia sleep apnea dentist is highly qualified to prescribe the oral appliance therapy.

There are many styles of oral appliances for sleep apnea therapy. Each uses a different mechanism for keeping the tongue and soft palate in a safe position during sleep, preventing snoring and airway obstruction that causes sleep apnea. After a mold is taken of the patient's mouth a custom-fitted oral appliance can be created. The diagnosing physician and the Ansonia, CT dentist treating it, then monitor the patient's condition jointly.

There are three main types of oral appliances used to treat obstructive sleep apnea: Mandibular Advancement Appliances, which force the lower jaw forward to open up airway space, Tongue Retaining Devices, which keeps the tongue in a forward position and prevents it from collapsing into the back of the throat, and Palatal Lifting Appliances, which keep the airway space clear by lifting up the soft palate. It is the Ansonia sleep apnea dentist's job to decide which appliance is right for his patient based on their anatomy, needs and issues.

In cases of severe Obstructive Sleep Apnea a CPAP machine is the usual treatment plan. CPAP is an acronym for Continuous Positive Airway Pressure, and it requires the patient to wear a mask over the nose. The mask is attached to a small air compressor that forces the tongue and soft palate to remain in a position that does not cause airway obstruction.

Some people with severe sleep apnea, however, are unable to tolerate a CPAP machine. Sometimes they are too uncomfortable sleeping with a mask over their face, or are unable to fall asleep due to the noise of the machine itself. Others never get used to the feeling the machine creates in the nose and throat. For these patients, oral appliance therapy is an accepted alternative treatment, though sleep studies must be repeated with the oral appliance in place to measure its effectiveness.

Ansonia Dentist Explains Sleep Apnea Treatment For Patients

Written by Australian Business

Those looking for more information from Dr. Lerman on sleep apnea can contact the Ansonia, CT dentist at (203) 264-4351. You can also visit his website at www.southernctdental.com .

About Southern Connecticut Dental Group: Southern Connecticut Dental Group is a multi-specialty practice, focusing on general, pediatric and cosmetic dentistry. Drs. Ira Stein, Jay Dworkin, Robert Lerman, Stephen DiBenedetto, Lauren DiBenedetto and James Pucci work together to provide the best care possible, for patients of all ages. Dr. Ira Stein received his Doctor of Dental Surgery (DDS) degree from the New York University College of Dentistry and completed his general practice residency at the Jewish Memorial Hospital in New York. Dr. Jay Dworkin graduated from Tufts University School of Dental Medicine with a Doctor of Dental Medicine (DMD) degree and also completed his general practice residency at the Jewish Memorial Hospital in New York. Dr. Robert Lerman graduated from the University of Connecticut School of Dental Medicine with his DMD and completed his general practice residency at Southbury Training School in Southbury, Connecticut. Dr. Stephen DiBenedetto completed his DDS degree from the New York University College of Dentistry and pursued post-graduate studies at the Dawson Center for Advanced Dental Studies. Dr. Lauren DiBenedetto earned her DDS degree from the New York University College of Dentistry and was awarded for excellence in Pediatric Dentistry at and served as the President of the Pediatric Dental Society. Dr. James Pucci attended Tufts University School of Dental Medicine, where he received his DMD, and completed his periodontal residency at Boston University in 1993.

Media Contact: Dr. Robert Lerman contactus@southernctdental.com 497 Main St. Ansonia, CT 06401 (203) 735-4701 <http://www.southernctdental.com/>

As seen on: <http://www.epressdistribution.com/news.asp?id=2864>

Read more Press Releases from Dr. Robert Lerman: