

FRANKLIN, OH, October 10, 2013 **/24-7PressRelease/** -- A solid night of sound sleep is important; so important that a person's overall health and ability to function effectively during the day depends on it. But when normal breathing patterns are disrupted during sleep, it's not unusual for health to deteriorate. To help patients suffering from sleep complications, Dr. Mamta Kori and Dr. Scott Everhart are happy to offer sleep apnea treatment in Monroe and Springboro area.

"Many people suffer from snoring. It happens when the soft tissues of your throat narrow, causing vibration as air passes through. This restriction in air flow can not only prevent you and those in your household from getting a good night's sleep, but studies are finding that snoring can have a negative impact on your total body health," said Dr. Mamta Kori, a dentist in Monroe.

Although for many people snoring is harmless, in some cases it can also be a sign of a more serious medical condition known as sleep apnea, a disorder that causes a person to stop breathing during sleep. Sleep apnea is characterized by episodes of abnormal pauses in breathing during sleep, which can last several seconds. The episodes are caused by a blockage that occurs within the airway that impedes the natural flow of breathing.

One of the most common symptoms of sleep apnea is snoring. That's why if a patient is a loud, habitual snorer, Drs. Kori and Everhart, general and cosmetic dentists in Springboro, encourage him or her to visit his office for further diagnosis and treatment.

"If you or a family member is aware of a snoring problem, a custom snore guard can be made to help reduce or eliminate snoring woes," said Dr. Scott Everhart about an anti snoring device in Springboro. "An anti-snoring device resembles an athletic mouth piece, and is a small oral appliance worn during sleep to reduce snoring by moving the jaw forward and preventing the tongue from closing off the air passage. With your air passage open and unobstructed, snoring is greatly reduced which results in a quiet, restful sleep for you and the members of your household."

Patients who suspect that they or a member of their household suffers from snoring or sleep apnea, the first step is to see a specialist. Dr. Kori and Dr. Everhart, Springboro area cosmetic dentists, can evaluate a patient's symptoms, provide a proper diagnosis, refer him or her to a sleep disorder specialist if needed and recommend a treatment plan for each individual case.

Kori And Everhart Advanced Dentistry Offers Patients In Monroe Sleep Apnea Treatments

Written by Australian Business

As dentists in Monroe, Dr. Mamta Kori and Dr. Scott Everhart urge patients to not be one of many people who don't take action to solve their snoring problem. Snoring may be linked to sleep apnea, which is a very serious health condition, and Drs. Kori and Everhart can provide the best treatment plan for snoring problems and sleep apnea to help patients and their loved ones to enjoy a good night's sleep once and for all.

About Kori & Everhart Advanced Dentistry: Dr. Mamta Kori received her dental degree from the Ohio State University College of Dentistry and completed her General Practice Residency in 2002 at Miami Valley Hospital in Dayton, Ohio. She started her practice with Dr. Scott Everhart shortly after completing her residency in 2002. Dr. Kori is a member of the American Dental Association, the Ohio Dental Association and the Keely Dental Society. Dr. Scott Everhart also attended the Ohio State University College of Dentistry and received his DDS degree in 1998. He worked as an associate in Columbus and Cincinnati before acquiring the practice of Dr. H.T. Weinstein in late 2000. Dr. Everhart is also currently a dental officer in the 373rd Med Co (DS), US Army.

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