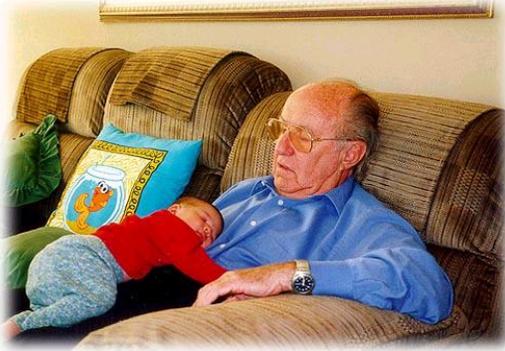


Here Is The Free Report You Requested That Reveals

The **Life Threatening** Condition of Obstructive Sleep Apnea (OSA) !!



- Do you **SNORE** on a regular basis?
- Does your snoring cause **YOU** or **YOUR PARTNER** to **WAKE UP**?
- Do you wake up **CHOKING** or **GASPING** for air?
- Do you experience **EXCESSIVE DAYTIME SLEEPINESS**?
- Do you have a **CPAP** device that you **DON'T LIKE** or **DON'T USE**?

If you answered **“YES!”** to any one of the above symptoms,
YOU may be an (undiagnosed?)
Sleep Apnea Patient!

Allow me to share some **FACTS** about Snoring and Obstructive Sleep Apnea:

- ❖ An estimated 50% of Americans snore.
- ❖ More than 40% of adults over the age of 40 snore.
- ❖ Individuals who snore have a high likelihood of having (or developing)
 - **Obstructive sleep apnea (OSA)**
- ❖ Approximately 20 million Americans suffer from sleep apnea.
- ❖ Some 28% of men over the age of 65 suffer from sleep apnea.
- ❖ Up to 50% of sleep apnea patients have **high blood pressure**.
- ❖ Risk for **heart attack** and **stroke** also may increase among those who have sleep apnea.
- ❖ Nearly 60% of Americans suffer from daytime sleepiness, a side effect of sleep apnea.
- ❖ Each year, sleep disorders add an estimated \$15.9 billion to the national healthcare bill.

Good News:

- ❖ Snoring and mild to moderate apnea is improved and often eliminated in many patients who use custom made oral appliances.
- ❖ Most **Medical Insurance** covers Oral Appliance Therapy (OAT) when it involves a “custom-made prescription adjustable oral appliance made only by a dentist”.

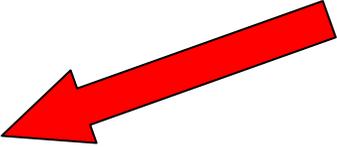
Sources: American Academy of Sleep Medicine, American Sleep Apnea Association and the National Sleep Foundation

OSA can be Life Threatening: Treating it is important!

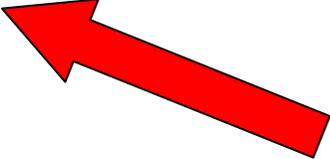
In fact, OSA reportedly contributed to the 2004 death of football great **Reggie White**. Experts also believe that it may be responsible for a high percentage of on-the-job injuries and motor vehicle accidents, as well. In fact there is a **10 % higher frequency of automobile accidents** with sleep apnea patients.

The **SIGNS AND SYMPTOMS** that can alert you to **SLEEP APNEA** are:

- ❖ Frequent cessation of breathing (apnea) during sleep
- ❖ Choking, gasping, or gagging during sleep to get air into the lungs
- ❖ Loud snoring
- ❖ Waking up sweating during the night
- ❖ Feeling unrefreshed in the morning after a night's sleep
- ❖ Headaches upon awakening
- ❖ Frequent nighttime urination
- ❖ Daytime sleepiness
- ❖ Lethargy
- ❖ Rapid weight gain
- ❖ Memory loss and learning difficulties
- ❖ Short attention span
- ❖ Depression
- ❖ GERD – Acid reflux
- ❖ Poor judgment
- ❖ Personality changes



VERY IMPORTANT...
PLEASE READ!



Some **MEDICAL CONDITIONS** associated with **SLEEP APNEA** are:

- ❖ Diabetes
- ❖ High Blood Pressure
- ❖ Obesity
- ❖ Congestive Heart Failure
- ❖ Stroke
- ❖ Coronary Artery Disease
- ❖ Atrial Fibrillation
- ❖ Angina
- ❖ Mood Disorders (Depression)
- ❖ Cancer
- ❖ ...and more!

SERIOUS
MEDICAL
CONDITIONS



While continuous positive airway pressure (CPAP) is still considered the most efficacious treatment for OSA, many patients find this form of treatment uncomfortable or intolerable, making an oral appliance often a more appropriate option. **The new practice parameters validate the effectiveness of oral appliances as a viable treatment alternative for those patients with mild to moderate OSA who either prefer it to CPAP, or are unable to successfully comply with CPAP treatment.** Until there is higher quality evidence to suggest efficacy, CPAP is indicated whenever possible for patients with severe OSA before considering oral appliances.

WESTCHESTER, ILL., February 1 – New practice parameters published today by the American Academy of Sleep Medicine in the **medical journal *SLEEP* recommend oral appliances as a first-line treatment for snoring and mild to moderate obstructive sleep apnea (OSA)**. This is good news for the estimated 18 million OSA sufferers in the U.S. since it enables them to avoid the risks associated with surgery and the discomfort that can accompany other treatment methods.

“Oral appliances may help people who have tried other OSA treatments and have been unsuccessful or who have not complied with their treatment,” added Lawrence Epstein, M.D., president, American Academy of Sleep Medicine.

“OSA is a serious, life-threatening condition – but for many patients, alleviating its effects can be as easy as utilizing an oral appliance at night,” explains ADSM president, Kent Moore, M.D., D.D.S. “Oral appliances, which resemble sports mouth guards, may control mild to moderate OSA with minimal discomfort or disruption.”

This practice parameter is based on an accompanying review of extensive evidence found in the scientific literature that was performed by an expert task force.

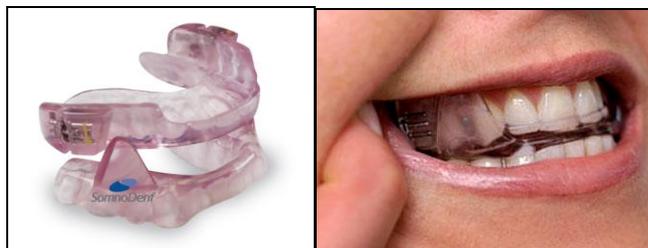
According to Dr. Moore, **oral appliances offer a safe, effective and non-invasive treatment option** for the millions of Americans suffering from OSA and severe, chronic snoring. When utilized during sleep, they help maintain an open and unobstructed airway in the throat by repositioning or stabilizing the lower jaw, tongue, soft palate or uvula. There are many types of oral appliances, with some designed specifically for snoring and others intended to treat both snoring and sleep apnea.

Which would YOU prefer??



THIS?

OR



THIS!

As a **SPECIAL BONUS** for requesting this free report, you are eligible for a **FREE sleep appliance evaluation** to determine if you are a candidate for oral appliance therapy. Dr. Denise DiBona, a member of the American Academy of Dental Sleep Medicine and the National Sleep Foundation, is certified in oral appliance therapy, and has been making custom dental appliances for the treatment of snoring and sleep apnea for over 10 years. Dr. DiBona's office is located at 146 Maple Ave. in Red Bank, NJ and can be reached at (732) 530-5111. (Ask for Kathy to schedule your free evaluation.)

**Call Dr. Denise DiBona TODAY at
(732) 530 - 5111
FOR YOUR FREE SLEEP APPLIANCE EVALUATION**

DON'T WAIT ANY LONGER!
If you **think you or your partner may suffer from
snoring and/or sleep apnea,
OR
If you have been **diagnosed** with OSA and **HATE** your CPAP
call Dr. DiBona and find out if an Oral Appliance is
right for YOU!**

(Don't Procrastinate!! Your life may depend on it!)

Thank you for requesting this information. If you have any questions about any information in this report, or Obstructive Sleep Apnea, please feel free to call Dr. Denise DiBona. She has had extensive training in Dental Sleep Medicine and welcomes your questions.

Denise DiBona, DDS, LLC

146 Maple Ave.

Red Bank, NJ 07701

(732) 530-5111

www.DeniseDiBonaDDS.com

*** P.S. from Dr. DiBona: "After you come into our office and I evaluate your condition, I will tell you if we can be of help. We are a busy office and there will be absolutely no pressure to begin care! BUT REMEMBER:
~~OSA IS LIFE-THREATENING AND YOU MAY NEED HELP!"~~**