

This issue of *SleepTalk* is brought to you by Dental Prosthetic Services a member of:



SleepTALK

A publication for dental, sleep and medical professionals specializing in sleep apnea. FALL 2009

Resolution: RECOGNIZING THE IMPORTANCE OF increased awareness of sleep apnea...

H. RES. 384 was submitted to the House of Representatives on April 30, 2009, and it was resolved that the House of Representatives –

1. supports raising public awareness of sleep apnea; and
2. encourages all Americans to educate themselves and others about the consequences of sleep apnea and its potential treatments.

For a PDF of H. RES. 384, or any of the articles on this page, indicate on the enclosed business reply form and we will email them to you.

SLEEP disorders ARE COMMON AMONG THE elderly

As part of the Mayo Clinic's Study on Aging, 892 people aged 70 to 89

years were assessed for sleep disturbance. Of those in the study, 59% had signs of at least one sleep disorder. In the assessed group, obstructive sleep apnea had the highest percentage of all of the sleep disorders.

From *Sleep Report* - May 13, 2009, *Mayo Clinic Study Assesses Broad Spectrum of Sleep Disorders in Elderly*. For complete article go to: sleepreviewmag.com and sign up for free *Sleep Report* via email.



WHAT IS THE connection BETWEEN sleep apnea AND heart disease?

...People with cardiovascular problems such as high blood pressure, heart failure, and stroke have a high prevalence of sleep apnea. Whether sleep apnea actually causes heart disease is still unclear, but we do know that if you have sleep apnea today, the chance that you will develop hypertension in the future increases significantly.

Excerpt from National Sleep Foundation, *Sleep Apnea and Heart Disease, Ask the Expert, Virend K. Somers, MD., PhD, July 22, 2009*. For complete article go to: <http://www.sleepfoundation.org/article/ask-the-expert/sleep-apnea-and-heart-disease>



Sleep Apnea Symptoms in Children

During the night, a child with sleep apnea may:

- Snore loudly and on a regular basis
- Have pauses, gasps, and snorts and actually stop breathing. The snorts or gasps may

waken them and disrupt their sleep.

- Be restless or sleep in abnormal positions with their head in unusual positions

- Sweat heavily during sleep

During the day, a child with sleep apnea may:

- Have behavioral, school and social problems
- Be difficult to wake up
- Have headaches during the day, but especially in the morning
- Be irritable, agitated, aggressive, and cranky
- Be so sleepy during the day that they actually fall asleep or daydream
- Speak with a nasal voice and breathe regularly through the mouth

Excerpt from National Sleep Foundation, *Could My Child Have Sleep Apnea?*, July 14, 2009. For complete article go to: <http://www.sleepfoundation.org/article/hot-topics/could-my-child-have-sleep-apnea>

GET INVOLVED IN DENTAL SLEEP MEDICINE JOIN THE AADSM AND LEARN ABOUT ORAL APPLIANCE THERAPY

The American Academy of Dental Sleep Medicine is sponsoring the following class in the fall:

Introduction to Dental Sleep Medicine
11/7/2009-11/8/2009, Hyatt Regency Grand Cypress, Orlando

The 19th Annual AADSM meeting for 2010 will be in San Antonio, Texas June 4-6. Visit their website for additional class information, exhibitors and details of the 2010 meeting: www.aadsm.org.

Future testing technology shows great promise

Dr. Mark Abramson (left), Tracy Cole of DPS (center)
and Dr. David Lawler (right).

Dr. John Remmers and Hugo Tam of Zephyr Sleep Technology presented a testing prototype at a private preview meeting with Troy Schall and Tracy Cole of DPS, Brian Sedgwick, Dianne Nash and Alan Barnes of the Barnes Group.

Zephyr has developed a system where upper and lower temporary appliances will be fitted by a dentist to be worn during a polysomnogram. The appliances are fitted with a small lightweight motor which advances the mandible during the sleep test to determine the patient's possible success with



oral appliance therapy. Needless to say, this technology will be a valuable resource.

Zephyr Sleep Technologies is entering into a validation testing phase for their technology and we will keep you posted as we receive further results from them.

DPS and the Barnes Group were pleased to be invited for this preview. We have the utmost respect for Dr. Remmers and his research and contributions to both dental and medical sleep medicine.

at the AADSM Meeting
Seattle June 6 and 7...

Identifying and Treating Obstructive Sleep Apnea (OSA) and Upper Airway Resistance Syndrome (UARS)

A SEMINAR PRESENTED BY
Dr. David Lawler



The vast majority of adults suffering from obstructive sleep apnea (OSA) and upper airway resistance syndrome (UARS) are undiagnosed. When left untreated, these conditions can be associated with glucose dysregulation, hypertension, brain cell death, GERD, coronary artery disease, congestive heart failure, and stroke—conditions that significantly diminish quality of life. Dentists can help.

Please join David Lawler, DDS for an all-day seminar teaching dentists to be proactive in identifying and treating OSA and UARS. Dr. Lawler will instruct:

- Sleep physiology
- The mechanics underlying sleep-related upper airway collapse
- Medical conditions and symptoms associated with OSA and UARS

- Anatomical conditions predisposing patients to upper airway collapse
- Home sleep testing with the Watch PAT: a clinically validated sleep assessment
- Oral appliance therapy as a stand-alone treatment and as a combined treatment with CPAP or surgery
- Case studies
- Medical insurance (1/2 hour)

Dr. Lawler is in private practice at The Center for Sound Sleep and frequently lectures on sleep medicine. He is Board Certified in sleep medicine by the AADSM. Dr. Lawler is a member of the American Academy of Sleep Medicine, the American Academy of Dental Sleep

Medicine, and he is the Medical Advisor to the Indiana Society of Sleep Professionals. He also serves on the AADSM Curriculum Committee.

Save the Date:
Friday, October 9, 2009
Coralville, Iowa
**Marriott Hotel and
Conference Center**
9:00 a.m.-4:00 p.m.

*Continental Breakfast, Catered Lunch
and Refreshments Included*

TUITION:
Doctors \$220 (\$249 after 9/25)
Staff \$110 (\$125 after 9/25)
CE CREDITS: 5 hrs. (application pending)

Contact Maria Bryant at 1-800-332-3341 to register or indicate on the enclosed form.



319-393-1990 • 800-332-3341
Fax: 319-393-8455
www.dpsdental.com

...a think tank of progressive,
independently-owned dental laboratories
from across the US and Canada.

the **barnes**
group
sleep division