

Template: Letter to the Editor

Suffer From Sleep Apnea? Prosthodontists: Oral Device Accepted Alternative to CPAP, Surgery

Dear Editor:

National news outlets including CNN, USA Today, the New York Times, CBS, and Fox News, featured a recent study reporting that sleep apnea causes lowered oxygenation levels creating an environment where cancer cells can thrive. It also puts patients at risks for heart attacks, strokes, uncontrolled diabetes, and work related accidents.

Prosthodontists are specialist dentists who have had further training to treat patients with complex conditions such as sleep apnea, with their medical physicians. As a Prosthodontist, which are specialized dentists who treats patients oral health issues including sleep apnea, I noticed that medical doctors interviewed recommended surgery and Continuous Positive Airway Pressure (CPAP) as the two main ways to combat sleep apnea, without mentioning a common, non-surgical solution that prosthodontists use to treat the condition.

CPAP is still considered the "gold standard" treatment by many physicians but with reported compliance rates lower than 50%, patients must be educated about the proven, alternative therapies.

As a prosthodontist, I know that the American Academy of Sleep Medicine (AASM) guidelines recommend that patients with mild or moderate sleep apnea should be given a choice between being prescribed a CPAP machine or an oral appliance (also called an oral device.) It's important to remind patients of all sleep apnea treatment options, including this common, non-surgical solution that prosthodontists use today called Oral Appliance Therapy which involves a custom-made sleep apnea device.

Prosthodontists have advanced dental training specifically for oral health conditions, including sleep apnea, and specialize in fitting and finding the correct position to treat mild to moderate cases of sleep apnea without surgery or CPAP. Prosthodontists can also provide a solution for those with severe sleep apnea patients who can't tolerate wearing a CPAP mask to bed every night.

With sleep apnea concerns growing, increased awareness about various treatment options is critical.

Sincerely,

Name with credentials

Prosthodontist

City, State