

ARE YOU AT RISK?

Imagine waking up and gasping for air every time you fall asleep. Between 18 to 20 million people in the United States suffer from the frightening symptoms of sleep apnea.

Because of the lack of awareness among both health professionals and the public, up to 90% of cases are not treated or diagnosed. This could prove deadly.

The American Academy of Sleep Medicine, the professional society that sets the standards for excellence in sleep medicine, now recommends Oral appliance therapy as first line of treatment, for people with mild to moderate cases of obstructive Sleep Apnea and severe non compliance CPAP (Continuous Positive Airway Pressure) patients.

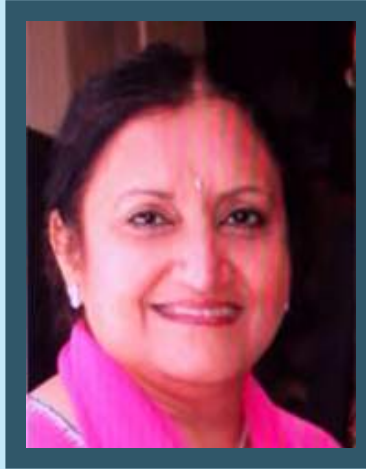
The oral appliance opens up the breathing space and allows air flow to vital organs in the body. It prevents health problems from arising in the future such as high blood pressure, depression and even heart attacks and strokes.

Oral Appliances are easy to use, comfortable & travel friendly.

Oral Appliance treatment is performed with consultation and supervision of physicians. Treatment is covered by most Insurances, HMO and Medicare. Payment plans are available.

ENJOY RESTFUL SLEEP!

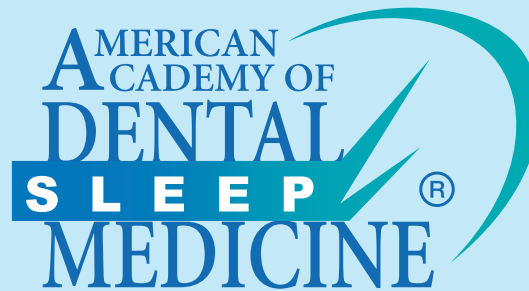
Non-Compliant to CPAP?
Call today- WE CAN HELP
630-852-4848



Dr. Gandhi believes prevention is better than cures. She educates, diagnoses, and treats obstructive sleep apnea and snoring through oral appliance therapy. She has improved quality of life in many of her patients.

Sheela Gandhi, BDS, DDS

Member of the AADSM



Member of ASBA



**AMERICAN SLEEP
AND BREATHING ACADEMY**
"Improving Patient Care Through Education"

CALL (630) 852-4848

SLEEP APNEA CENTER
4118 N. Cass Ave., Westmont, IL 60559

www.smilesofwestmont.net
www.dupagesleepcenter.com

Tired of Waking up & still feeling tired?



ORAL APPLIANCE THERAPY

COMFORTABLE
ALTERNATIVE TREATMENT
OF
SLEEP APNEA & SNORING

Find your path to better sleep & health

Obstructive SLEEP APNEA

Obstructive Sleep Apnea (OSA) occurs when the tongue and soft palate collapse onto the back of the throat. This blocks the upper airway causing air flow to stop. When the oxygen level drops low enough the brain moves out of deep sleep and the individual partially awakens. The airway then contracts and opens causing the obstruction in the throat to clear. **The combination of low oxygen levels and fragmented sleep** are the major contributors to most of the ill effects that the sleep apnea patient suffers. In addition to excessive daytime sleepiness studies show that sleep apnea patients are much more likely to suffer from heart problems (heart attack, congestive heart failure, hypertension), strokes, as well as having a higher incidence of work related and driving related accidents.



Snoring could be a sign of underlying obstructive sleep apnea. It should not be neglected but screened and treated before it's too late.

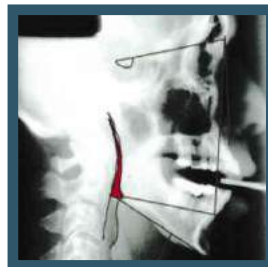
Treatment OPTIONS

- 1 Oral Appliance Therapy
- 2 Continuous Positive Airway Pressure (CPAP)
- 3 Surgical Treatment

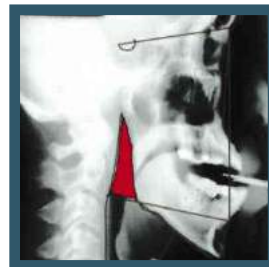
Oral Appliance THERAPY

An oral appliance is a custom fabricated & FDA approved treatment consisting of mouthpiece that is similar to an orthodontic retainer or a sports mouth guard. The appliance is worn at night over the teeth and it functions to keep the airway from collapsing during sleep. Airway maintenance is achieved by comfortably repositioning the lower jaw and tongue forward or by restraining the tongue to keep the airway open.

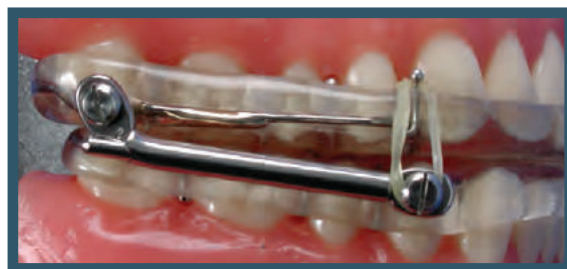
The American Academy of Dental Sleep Medicine recommends oral sleep appliances as a first line treatment option for individuals with **mild or moderate obstructive sleep apnea or for those who are unable to use CPAP successfully**. FDA approved home sleep tests are available for your comfort and diagnosis.



Narrow breathing space in Obstructive Sleep Apnea



Widened breathing space with Oral Appliance



Adjustable / Titratable Appliances



The EMA, Elastic Mandibular Advancement® Appliance



The CPAP Pro®

CPAP Pro is made as a combination therapy where mask is eliminated & air pressure is reduced, for your comfort.

Denture wearer- do not worry- if you have a problem, we have an appliance for you

FIND IF YOU ARE AT RISK !!!

Sheela Gandhi, DDS

Smiles of Westmont

4118 N Cass Avenue
Westmont, IL 60559
(N.W. Corner of Cass & Ogden)

630-852-4848

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Find Your Path to Better & Healthy Sleep



- Do you snore?
- Do you get up unfresh and feeling tired?
- Do you feel sleepy during the day?
- Do you wake up with shortness of breath?

Come in for a FREE SCREENING to see if you are at risk for underlying problem of **sleep apnea and know much more.**

Snoring & Sleep Apnea can be dangerous to your health causing:

- High Blood Pressure
- Driving Hazzards
- Diabetes
- Depression
- Low Oxygen Saturation

If untreated, can lead to more serious health problems like heart attack or stroke

We can help. Come & meet us so we can show you how. If you're CPAP intolerant, do not worry. There is a solution.

State of an art Oral Appliance therapy

Most medical insurance and credit cards accepted. Easy payment plans available.

Se Habla Español