

## Sleep Apnea Treatment in Calabasas

Looking for a good night's sleep? Turn to The Center for Sleep Apnea and CPAP intolerance

You may think of snoring as a mild nuisance, but it can actually be a serious sleep-breathing disorder known as sleep apnea.

Snoring occurs when soft tissues block air passages. Air then forces entry, causing the muffled vibrations we know as snoring. A variety of factors can contribute to airway blockage, including tongue and jaw position, throat size, and tonsil or adenoid size.

Snoring does not necessarily indicate sleep apnea, but the only way to be certain that you aren't suffering from this potentially dangerous condition is to complete a sleep study.

Even if you don't have sleep apnea, an oral appliance can help eliminate snoring. After all, your bed partner would like to get a good night's sleep, too!

The Center for Sleep Apnea and CPAP intolerance offers a complimentary consultation for our patients who snore. At the initial visit, we will discuss your major concerns about your sleep situation and fatigue. Dr. Baker will also review your medical history and symptoms, as this information is vital for your treatment. Plus, it helps measure your risk for sleep apnea

If it's determined by a medical doctor that you would benefit from sleep apnea therapy, Center for Sleep Apnea and CPAP intolerance is prepared to assist! Depending on your needs, Dr. Baker can fit you for an oral appliance that is worn during sleep. These devices effectively treat sleep apnea by maintaining the position of your tongue and soft tissues while you sleep, keeping your airway open throughout the night. Almost everyone affected by sleep apnea that uses this form of therapy reported a comfortable, full night's rest when wearing it. These revolutionary dental appliances can only be obtained by working with experienced dental professional like Dr. Baker.

Please contact us today to arrange your complimentary sleep apnea screening appointment.



Tania Baker, DDS

Therapy for Obstructive Sleep Apnea

## Center for Snoring & CPAP Intolerance

Center for Snoring and CPAP Intolerance

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## Suspicious signs and symptoms of Sleep Apnea may include:

- Snoring - loud and heavy, sometimes accompanied by snorting and gasping
- Long pauses in breathing during sleep
- Morning headache
- Cluster headache
- Excessive daytime sleepiness and unexplained fatigue
- Personality, alertness, memory, and behavior changes
- Memory loss
- Obesity
- Acid Reflux (G.E.R.D.)
- Loss of interest and physical problems related to sex
- In some cases, ADHD and similar conditions

Of those who snore, one in 6 experience significant obstructive sleep apnea. Obstructive sleep apnea means that you stop breathing, sometimes for more than 2 minutes, and in severe cases over 100 times per hour! The level of oxygen carried in the bloodstream falls to dangerously low levels with a correspondingly dangerous increase in carbon dioxide. Your sleep is disrupted, and, in order to compensate, harmful changes take place in your blood vessels, organs and brain.

Added to this is another serious risk of untreated OSA – excessive daytime sleepiness. Studies indicate that 1 in 15 drivers over the age of 35 suffer from excessive daytime sleepiness and this increases the risk of fatal driving accidents. In some states all professional drivers are required to be tested for sleep apnea and must be treated. It is just a matter of time for all states to adopt this important test and that will save a lot of lives. Recently it was announced in the news that all airplane commercial pilots and air traffic controllers will be mandatorily tested for sleep apnea and treated before they can return to work.

However, there is good news, because with treatment, disease risk returns to normal. It is for this reason that we have begun to screen for sleep disordered breathing in our Calabasas Center.



The golden standard for treatment for people with severe sleep apnea is a CPAP machine.

For moderate to mild sleep apnea and snoring a **dental appliance** has been proven very effective in treating OSA. They are more comfortable and usually easier to tolerate than CPAP and many of the CPAP users turn to dental appliance which provide the same benefits.

If you or a loved one has a problem with Sleep Apnea or snoring and would like to have a consultation and be tested with the Pharyngometer (the computer that measures the airway), please schedule a FREE "Screening Evaluation" at the Center for Sleep Apnea.

If you already are diagnosed with OSA and using CPAP but don't like it or can't tolerate it we would love to meet you in person and help you to attain a better quality of life without CPAP.

Please call us at 818/871-9622 to set up an Appointment today. We are here to help!

Many people are affected by sleep apnea and they don't even know it. They may experience fatigue during the day, excessive sleepiness, anxiety from snoring, interrupted sleep. Sleep Apnea is a serious medical disorder affecting as many as 10% of middle-aged men and 6% of middle-aged women in the United States. In addition, 1% to 20% of children may be affected.

Dr. Baker is the first dentist in Calabasas who offers a treatment for this serious condition, changing lives and offering solutions for better health.

It's first of all very important to truly understand the medical risks associated with untreated sleep apnea, particularly obstructive sleep apnea. Dr. Baker feels it is vital for people to be educated of the severity of the problem. Untreated Sleep Apnea is Life Threatening and a Major Health Problem

The biggest problem is shortage of oxygen to the body throughout sleep. This affects every aspect of your health. Poor oxygen intake contributes to premature aging. When left untreated, sleep apnea is believed to take an average of eight years off of a person's life.

### Untreated Obstructive Sleep Apnea (OSA) can contribute to risks associated with:

- High Blood Pressure  
90% of people with HBP have sleep apnea
- Heart attacks and heart disease
- Stroke
- Diabetes
- Brain Injury, Severe memory loss, ADD
- Dementia
- Impotence
- Headaches
- Fibromyalgia
- Premature aging
- Sudden death

(A former Green Bay Packer football player named Reggie White died of respiratory failure due to Sleep Apnea)