

# Spotlight *on Sleep*

a magazine focused on your dental health



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Obstructive Sleep Apnea .....	2
Are you CPAP Intolerant? .....	3
OSA Linked to Cancer.....	5
No Sex Drive? .....	5
OSA Treatment.....	6
Epworth Sleepiness Test .....	8

**OBSTRUCTIVE SLEEP APNEA  
INCREASES STROKE RISK**  
People Suffering from Sleep Disorders  
Have Higher Risk of High Blood  
Pressure

## **SLEEP APNEA LINKED TO CANCER**

**Testosterone  
Decreases in  
Men Who  
Have Sleep  
Disorders**

**Sleep Apnea Associated  
with Dementia**



Sleeping disorders are one of the most common health problems in America. They are also some of the most serious. Unfortunately, sleeping disorders, especially sleep apnea, are often dismissed, tolerated, misdiagnosed and mistreated. Even when sleep apnea is correctly diagnosed and treated, compliance with treatment is low.

But what most people don't realize is, sleep apnea is more than an inconvenience. Much more. Sleep apnea can be deadly.

# OBSTRUCTIVE sleep apnea

*more than a snore*

## So I Snore. What's the Big Deal?

Snoring is a big deal; it's a warning that something is not right. Snoring occurs when the tissues of the throat are so lax or narrowed that air cannot pass through normally.

Snoring is also the primary symptom of obstructive sleep apnea (OSA), a sleep-related breathing disorder that prevents airflow during sleep. Sleep apnea occurs when the tongue and surrounding tissues collapse to the back of the throat, blocking the airway. This can cause a person to stop breathing for long periods of time, sometimes hundreds of times a night. The lack of oxygen causes the brain to initiate a muscle spasm to reopen the airway.

## You're Not Just Risking a Good Night's Sleep. You're Risking Your Life.

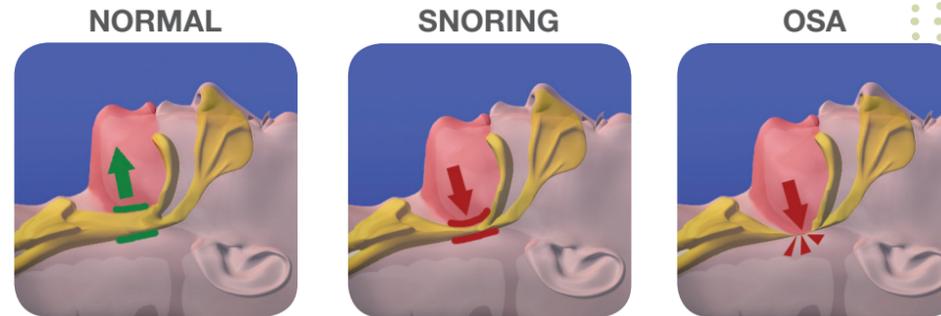
For someone with sleep apnea, an interrupted night's sleep isn't the only problem. Sleep apnea has been linked to serious health risks, including heart attack, stroke, and even cancer.

**Sleep apnea is more than snoring. It significantly lowers the amount of oxygen to the brain and places more strain on the heart.**

It's estimated that 18 million people in the United States have sleep apnea, but only about 10 percent are diagnosed. They're all at risk for a variety of health problems, but they're putting others in danger, too. A sleep-deprived person is as high a risk for causing an accident as someone impaired by excessive alcohol consumption.

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During normal sleep, the muscles that control the tongue and soft palate hold the airway open.

When these muscles relax, the airway narrows. This can lead to snoring and breathing difficulties.

If the muscles relax too much, the airway can collapse and become blocked, obstructing breathing.

## The Problem with Treatment

Many people think snoring is normal. Others refuse to be tested for sleep apnea because they know the most recommended therapy – a CPAP (continuous positive airway pressure) machine. CPAP is like a gas mask worn over the face or nose, attached to a hose that forces air down a person's throat. No wonder compliance is so low! Many people think it's easier to snore than to try to sleep with CPAP.

## Don't Use Your CPAP?

**Dr. Henry Offers An Alternative**  
Dr. Joe Henry offers a comfortable, effective alternative for sleep apnea – a small, custom-made oral appliance that is worn only while you sleep. It fits right over your teeth; there's no machine or mask.

**Call 714-385-1672 for a free evaluation to see if oral appliance therapy would be appropriate for you. It could save your life.**

## ARE YOU CPAP Intolerant?



CPAP is the gold standard in sleep apnea treatment. It's extremely effective, yet the treatment is NOT always successful. Why? Low compliance rates. According to Sleep and Health Journal, CPAP compliance ranges from 23 percent to 45 percent. That means nearly half of all patients are left untreated. And at risk.

If you are one of these at-risk individuals, ask Dr. Joe Henry about oral appliance therapy. The oral appliance can keep airways open, eliminate symptoms of OSA, improve compliance rates and quite possibly save lives.

Oral appliance therapy is now considered a preferred treatment for mild to moderate sleep apnea. Call today • 714-385-1672.

DR. JOE HENRY



sleep apnea authority and patient.

Not only does Dr. Joe Henry treat sleep apnea, he has it, too. He knows how hard it can be to function at peak levels when you're deprived of sleep.

*"I would wake up in the morning wishing I could stay in bed for another hour, even after sleeping seven or eight hours,"* says Dr. Henry. He knew he had to be evaluated for sleep apnea. *"The health risks were too high not to address my sleep apnea,"* he says.

Personal experience led Dr. Henry to focus on alternative sleep apnea treatments. He discovered the comfort, value and effectiveness of oral appliances. Oral appliances not only eliminated snoring and kept the airways open during sleep, but they were comfortable, convenient and easy to care for, too. *"I opted for an oral appliance. With my instructing schedule I knew how difficult it would be to travel with a CPAP,"* says Dr. Henry.

When it comes to sleep apnea treatment, trust a doctor who has walked in your shoes. Call Dr. Joe Henry today • 714-385-1672.

Sleep apnea has been linked to many chronic medical conditions, even sudden death. Severe sleep apnea raises the risk of dying early by 46 percent.

# HEART ATTACK, STROKE AND SUDDEN DEATH don't ignore the snore

If sleep is a stress-free time of rest and rejuvenation, why do people die in their sleep?

**High Blood Pressure** - An estimated 50 to 70 percent of people with sleep apnea have hypertension (high blood pressure). Hypertension increases the risk for heart attack, stroke, and other health problems.

**Coronary Heart Disease** - A study by the Boston University School of Medicine found that obstructive sleep apnea is linked to an increased risk of heart failure and coronary heart disease in middle-aged and older men.

**Stroke** - Approximately 40 percent to 60 percent of people who suffer strokes are found to have OSA.

**Heart Failure** - Studies have reported that between 11 and 37 percent of heart failure patients also have sleep apnea.

**Sudden Death** - A study of patients who died suddenly who also had recent sleep studies shows that almost 50 percent of those with sleep apnea died between the hours of midnight and 6 a.m., compared with 21 percent without sleep apnea.

The fact is, untreated sleep apnea increases your risk of dying early. Call today - 714-385-1672.

## Sleep Apnea Associated with Dementia

A study published in the Journal of the American Medical Association suggests sleep apnea may be associated with mental decline and dementia. The scientists studied 298 physically and mentally healthy women, average age 82. The women with sleep-disordered breathing at the start of the study were 85 percent more likely to have mild cognitive impairment or dementia after five years than those whose nighttime breathing was normal.



## OSA Linked to Cancer

New studies show that sleep apnea and sleep-disordered breathing can raise the risk for developing cancerous tumors. People with sleep disordered breathing are nearly five times more likely to develop cancer, according to a study to be published in the *American Journal of Respiratory and Critical Care Medicine*.

A 22-year study conducted at the University of Wisconsin School of Medicine and Public Health found that severe breathing problems at night increase the likelihood of dying from cancer by 4.8 times. People with moderate apnea were found to have double the risk of dying.

The Spanish Sleep Network found that people whose oxygen levels dipped below 90 percent for up to 12 percent of the total time asleep, had a 68 percent greater likelihood of developing cancer than those who did not have breathing difficulties at night.

Don't let sleep apnea put you at increased risk for cancer. Call Dr. Henry today.



## You Wouldn't Drive Drunk DRIVING TIRED IS JUST AS DANGEROUS

According to the American Academy of Dental Sleep Medicine, drowsy driving is as dangerous as drunk driving. Each year, drowsy drivers cause at least 100,000 accidents; many of these are fatal.

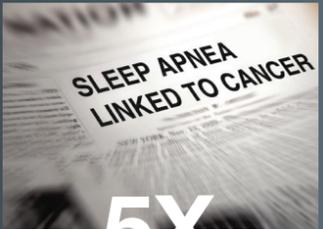
An article in *Medical News Today* warns that driving while tired increases the risk of traffic accidents by seven times. OSA has been estimated to be responsible for five percent to 10 percent of all motor vehicle accidents.

Don't be a danger to yourself. Or to others. If you have untreated sleep apnea, call Dr. Joe Henry today at 714-385-1672.



## No Sex Drive? BLAME YOUR UNTREATED OSA

A study found that among men who have sleep apnea, 80% also had erectile dysfunction. Another study, reported in *The Journal of Clinical Endocrinology & Metabolism*, supported that male patients who suffer from obstructive sleep apnea produce lower levels of testosterone, resulting in decreased libido and sexual activity. If OSA is affecting your personal life, call Dr. Henry today.



5X

More likely to develop CANCER

People with sleep disordered breathing

Source: Upcoming article in American Journal of Respiratory and Critical Care Medicine



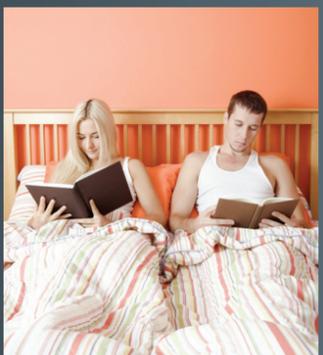
250,000

Motorists fall asleep at wheel annually in U.S. causing

8,000 Deaths

60,000 Injuries

Source: National Transportation Safety Board





If you've been diagnosed with mild to moderate OSA, call Dr. Henry to discover how oral appliance therapy can help you.

# SO MANY BENEFITS TO Osa treatment

*back to sleep and back to health*

You've read many of the dangers associated with untreated, undiagnosed obstructive sleep apnea. From early death, heart disease, stroke and cancer to motor vehicle accidents and more, OSA is proven to be a life-threatening condition. So why would you let it go untreated?

With a sleep apnea oral appliance, you can comfortably and conveniently reduce and/or eliminate the risk factors associated with OSA . . . and get some other benefits as well.

Treatment has been shown to improve:

- Daytime sleepiness
- Memory
- Concentration

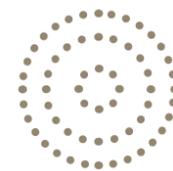
Treatment has been shown to reduce risk of:

- Heart disease and heart failure
- Heartburn and acid reflux (GERD)
- Poor diabetes control
- Erectile dysfunction
- Depression
- Car accidents

Treatment has been shown to:

- Lower blood pressure
- Improve sleep structure and snoring
- Improve pulmonary function and arterial blood gas values

*Get back to health today. Call Dr. Joe Henry to learn more about oral appliance therapy and find out how it can help treat your OSA – 714-385-1672.*



## Sleep Apnea Oral Appliance. Comfortable Treatment. Amazing Results.

To treat sleep apnea, Dr. Joe Henry prescribes an oral appliance. Custom-made for optimal fit and function, the appliance gently and safely holds the mouth and throat in an open position during relaxed sleep, preventing snoring, and keeping air and oxygen flowing.

The oral appliance is an ideal solution for anyone with mild to moderate sleep apnea that hates the CPAP! Because the appliance is so much more comfortable and convenient than CPAP, it has a much higher rate of patient compliance. That means more comfort, a good night's sleep, and most importantly, improved health for you!

*If you have been diagnosed by your doctor with Obstructive Sleep Apnea, and want an alternative to your CPAP, call Dr. Joe Henry today – 714-385-1672.*

## Oral Appliances are Covered by Insurance Excellent Care. Minimum Cost.

If you have diagnosed Obstructive Sleep Apnea (OSA), chances are your standard PPO medical insurance will cover the majority of the cost of treatment and the appliance. Keep in mind that medical insurance only pays for diagnosed medical conditions; treatment for snoring is not covered. OSA is a medical condition that requires a physician's diagnosis from a recent sleep study. If necessary, Dr. Henry's helpful team will arrange a sleep study for you at an accredited lab nearby. Dr. Henry will collaborate with the sleep medicine physician who reviews your sleep study to determine the best course of any necessary treatment. The team at Dr. Henry's office will coordinate the billing of your medical insurance for any appropriate follow up treatment.

## FAMOUS PEOPLE WITH SLEEP APNEA



If an estimated 18 million people in the U.S. are thought to have sleep apnea, it's no surprise some of them are famous!

The following celebrities are sleep apnea sufferers:

- Shaquille O'Neal – NBA player
- Regis Philbin – TV host
- Rosie O'Donnell – Comedienne, actress, talk show host
- Quincy Jones – Music producer
- George Kennedy - Actor
- William Shatner – Actor
- Anne Rice – Novelist
- Adam Savage – Mythbusters host

*Sleep apnea is more than snoring. It significantly lowers the amount of oxygen to the brain, placing more strain on the heart. Unfortunately, some premature celebrity deaths are attributed to sleep apnea, including:*

- John Candy - actor, comedian
- Reggie White - NFL Hall of Fame football player
- Jerry Garcia – Grateful Dead guitarist

The complications associated with sleep apnea can be fatal. Isn't that enough to make you call Dr. Henry today? See if an oral appliance therapy can help you or a loved one.

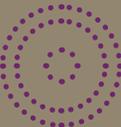


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## Are You At Risk? Signs of Sleep Apnea

- Snoring
- Observed pauses or gasps while sleeping
- Neck size of 17 inches or greater for men or 16 inches for women
- BMI greater than 30 or overweight by 25 pounds or more
- Long slender neck (40% of OSA patients are not overweight)
- Teeth grinding
- Small upper airway (or large tongue, tonsils or uvula)
- Recessed chin, small jaw or a large overbite
- Smoking and alcohol use
- Age 40 or older
- TMJ or morning headache pain
- Heartburn or acid reflux (GERD)

 Schedule Your  
FREE Sleep Apnea  
Risk Assessment  
Consultation Today!  
Call 714-385-1672.

## Do I Have OSA?

### Complete the Epworth Sleepiness Scale

Rate your level of daytime sleepiness using the following scale:

- 0 = Would *never* doze
- 1 = *Slight* chance of dozing
- 2 = *Moderate* chance of dozing
- 3 = *High* chance of dozing

#### RATE YOUR CHANCE OF DOZING (0-3)

- \_\_\_\_\_ Sitting and reading
- \_\_\_\_\_ Watching TV
- \_\_\_\_\_ Sitting inactive in a meeting or public place (i.e., in a theatre)
- \_\_\_\_\_ As a car passenger for an hour without a break
- \_\_\_\_\_ Lying down to rest in the afternoon
- \_\_\_\_\_ Sitting and talking to another person
- \_\_\_\_\_ Sitting quietly after lunch (without alcohol)
- \_\_\_\_\_ In a car, while stopped for a few minutes in traffic
- \_\_\_\_\_ = TOTAL SCORE (This is your Epworth Score.)

#### Results:

If you score 8 or above, you may be at risk for obstructive sleep apnea. Consider calling Dr. Henry to schedule a complimentary sleep apnea assessment for you – and your family's – sake.

If you or someone you love suffers from snoring, please share this information.