

Avoid Possible Brain Damage - Identify and Treat Sleep-Disordered Breathing Early

Sleep-disordered breathing may cause permanent brain changes. Do you snore loudly or frequently during sleep? Do you have daytime sleepiness? Learn more about sleep apnea and treatment options at www.IHateCPAP.com

May 13, 2009 - [PRLog](#) -- According to a study published in the Journal of the American Dental Association, oxygen deficiency caused by sleep-disordered breathing (SDB) can lead to brain damage, resulting in changes to the brain's regulation of reflexes and movement as well as damage to higher cognitive functions.

“Obstructive sleep apnea, a common SDB, is a serious health threat that affects 20 million people and is a major cause of stroke, heart disease, and sleep-related car accidents is the second leading cause of daytime fatigue, after insomnia”, explains Chicago Sleep Medicine Expert and <http://www.IHateCPAP.com> founder Dr. Ira Shapira. “Dentists and Primary Care Physicians should talk to their patients about sleep breathing disorders to educate and identify people suffering unknowingly from sleep apnea or SDB.”

The studies authors, Michael S. Simmons, DMD and Glenn T. Clark, DDS, MS, conducted a literature review of animal and human studies that looked at neurocognitive and neurobehavioral effects and found that the changes to the brain caused by oxygen deficiency during sleep-disordered breathing can remain even after treatment. They concluded that sleep-disordered breathing should be identified and treated early to reduce and possibly prevent damage.

The authors noted that “when dentists catch SDB early in the progression and refer patients to and coordinate care with patients’ physicians, they can provide better service to their patients and may prolong and improve their patients’ quality of life.” Dentists who specialize in dental sleep medicine and the treatment of sleep apnea and snoring are in an excellent position to discuss treatment options or cpap alternatives for folks who cannot tolerate their cpap and have stopped using it. (Visit the “Find a Doctor” section of www.IHateCPAP.com)

Obstructive sleep apnea can lead to hypertension, heart attack, stroke, depression, muscle pain, fibromyalgia, morning headaches, and excessive daytime sleepiness. Most people with sleep apnea are aware that they snore and feel overtired or fatigued but are unaware of potentially serious medical problems which may exist. It also increases the risk of a vehicular accident by two- to seven-fold, and is common among truck drivers.

While CPAP is considered the “gold standard” in sleep apnea treatment, compliance at less than 50%, explains Dr. Shapira. It’s important that sleep apnea sufferers who are not using their prescribed CPAP machine or can’t tolerate it discuss oral appliance therapy with their doctor.

To educate the public about dental sleep medicine and alternatives treatment procedures, Dr. Shapira started the online sleep medicine resource www.IHateCPAP.com to promote sleep medicine and emotionally connects with patients who have abandoned CPAP treatment due to negative experiences. Dr. Shapira points out that the online site and marketing program does not 'hate' CPAP, however many patients do which is why the site and program’s name attracts thousands of patients and family members in search of a CPAP alternatives.

If you have sleep apnea or disruptive snoring and do not tolerate CPAP, I HATE CPAP wants to help you find answers go to www.IHateCPAP.com. If you want to discuss a dental alternative to CPAP with an experienced dental sleep medicine professional in your area, visit the “Find a Doctor” section of

www.IHateCPAP.com.

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Information on sleep apnea, sleep apnea treatment and cpap alternatives are available at www.ihatecpap.com This is the premiere site for the promotion of Dental Sleep Medicine and Sleep Apnea Dentisits.

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