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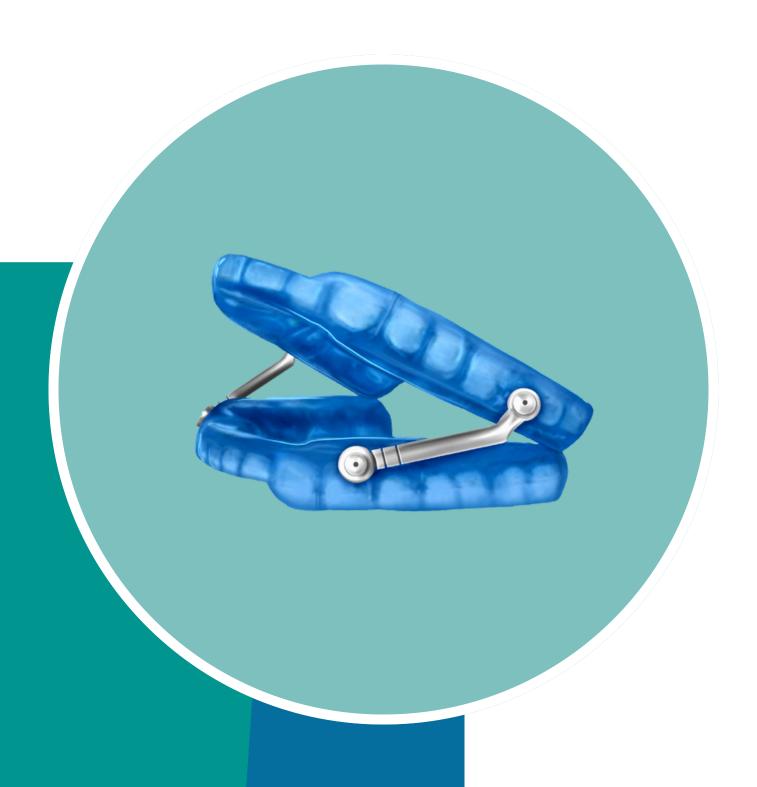
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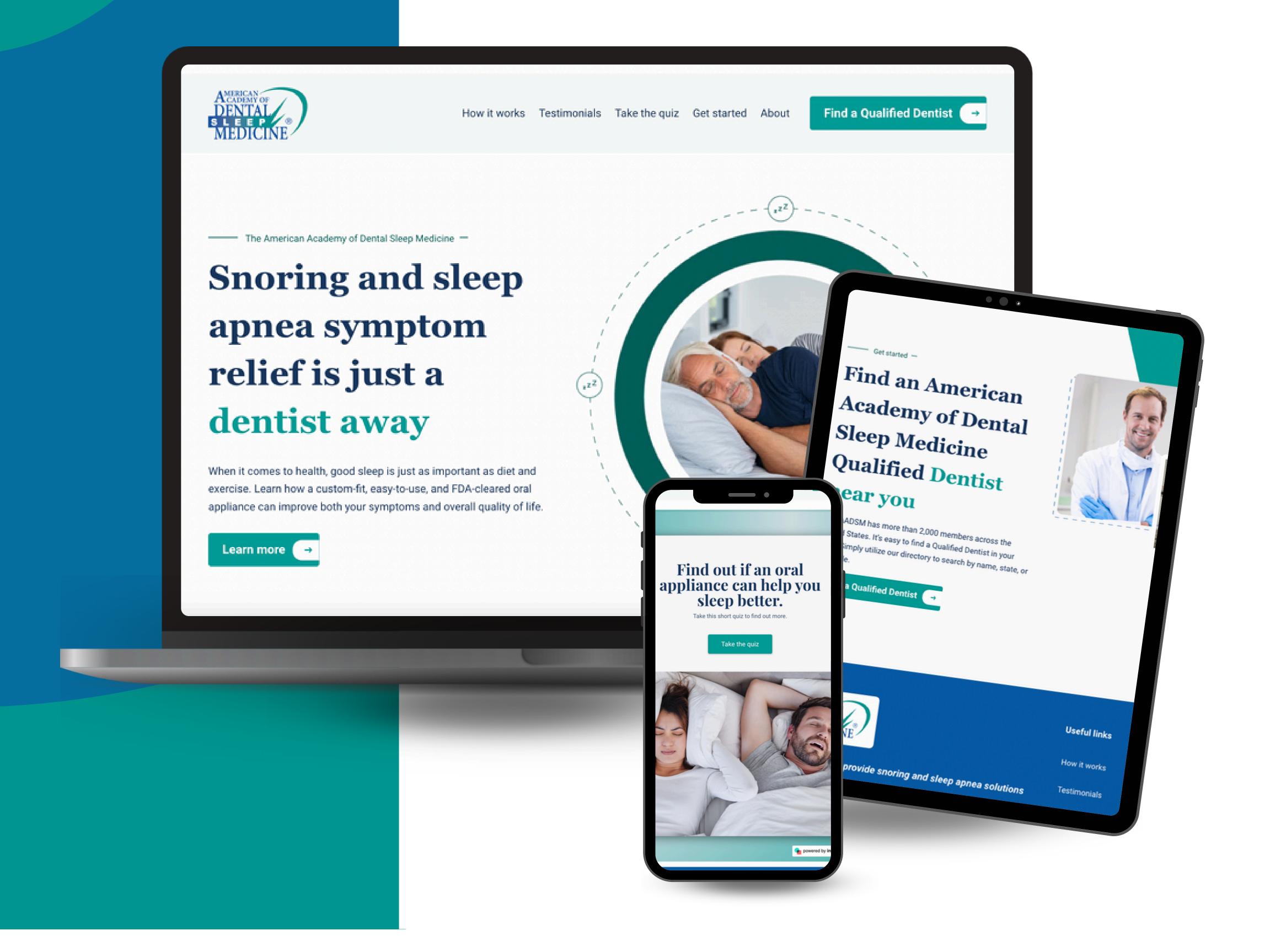




About the AAADSIVI

Established in 1991, the American Academy of Dental Sleep Medicine (AADSM) is the only national non-profit professional society dedicated exclusively to the practice of dental sleep medicine.

The AADSM represents over 3,000 dentists across the U.S. who treat sleep-disordered breathing, which includes obstructive sleep apnea (OSA) with oral appliance therapy (OAT).







What is Oral Appliance Therapy?

Oral appliance therapy (OAT) is an effective treatment option for people who suffer from obstructive sleep apnea (OSA) and its associated symptoms, like snoring.

OAT is a retainer-like device worn during sleep to maintain an open, unobstructed airway. Effective OAT devices are formed from custom dental impressions made by an AADSM Qualified Dentist, who is trained to fit and adjust the device to ensure proper fit and maximum effectiveness.

OSA has been linked to serious health problems, such as high blood pressure, congestive heart failure, stroke, type 2 diabetes and depression. People who suffer from sleep apnea and have difficulty tolerating a continuous positive airway pressure (CPAP) machine often find great success with OAT. A searchable database of AADSM Qualified Dentists can be found on <u>DentalSleep.org.</u>

Benefits of OAT

Oral appliance therapy is an effective, non-invasive treatment that **fits easily into a patient's lifestyle.** OAT is readily available and often the preferred choice over CPAP because of its many benefits.

- 1 Comfortable
- 2 Custom-fit
- 3 Small
- 4 Less obtrusive
- 5 Convenient
- 6 Effective
- 7 Quiet
- **Easy to maintain**





"A dentist who specializes in sleep medicine will be able to customize the fit of an oral appliance to help your breathing without causing harm to your bite or teeth."

Dr. Kevin Postol, DDS

AADSM President | Consumer Reports

Videos

Learn more about the benefits of oral appliance therapy for sleep apnea patients and the value of working with an AADSM Qualified Dentist by watching these short, informative videos.

About OAT for Sleep Apnea

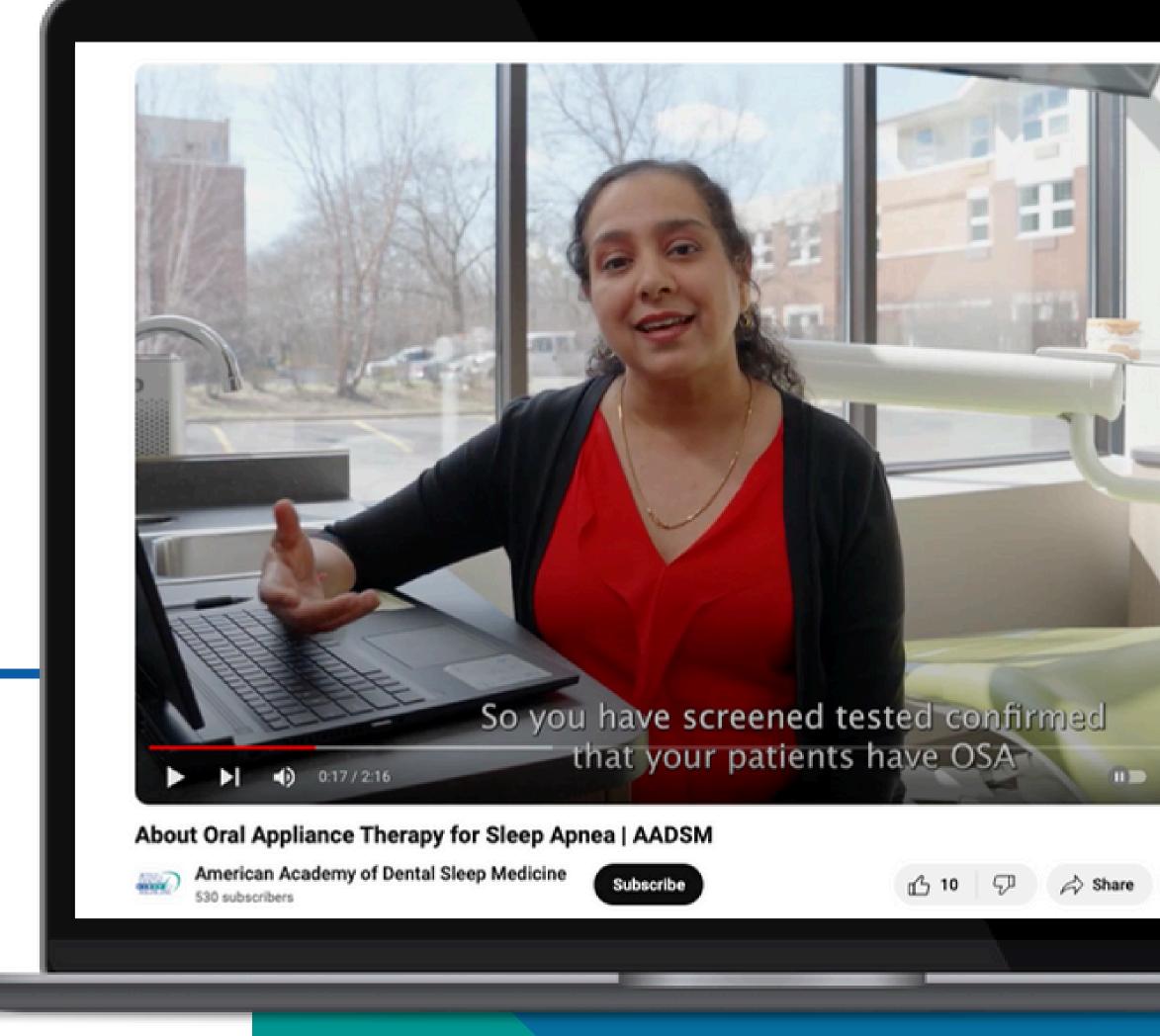
With Rubina Nguygen, DDS

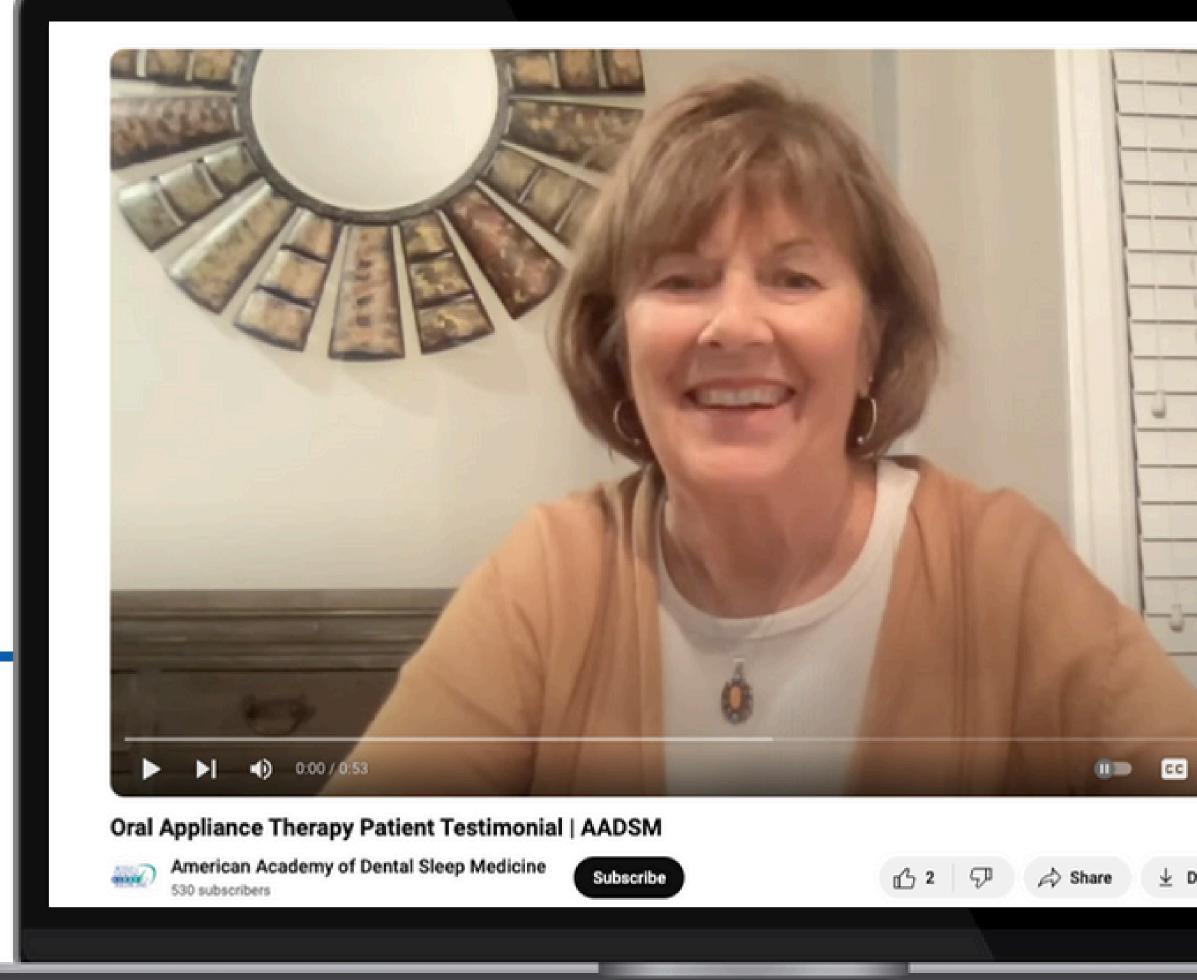
View Video



With Sue Roberts, partner of OAT patient

View Video







AADSM Subject Matter Experts



Dr. Kevin Postol, DDS President

Dr. Postol maintains a combination of a general dental practice and dental sleep medicine practice simultaneously in St. Louis, MO. He received his dental degree from the University of Missouri-Kansas City and attended the University of Iowa for a General Practice Residency. He has practiced general dentistry since 1992. In 2006, he entered the field of dental sleep medicine and later became a Diplomate of the American Board of Dental Sleep Medicine (ABDSM) in 2011. He is past chair of the AADSM Essentials of Dental Sleep Medicine Course and has spoken at numerous local and national meetings. He has served on the AADSM Board of Directors since 2014 and currently serves as a member of the AADSM Mastery Program faculty.



Dr. Michelle Cantwell, DMD President-Elect

Dr. Cantwell is a graduate of Wilkes University and the University of Pittsburgh, School of Dental Medicine. Following graduation, she completed a three-year residency in prosthodontics and served on active-duty service as a Lieutenant Commander in the US Navy. She became a Diplomate of the ABDSM in 2014. In 2018, she merged her dental sleep medicine practice into the Pulmonary & Sleep Medicine Department of Wellspan Hospital. She has served as chair of the AADSM Education Committee, member of the AADSM Health Policy Education Committee, and currently serves as a member of the AADSM Mastery Program faculty.

AADSM Subject Matter Experts



Dr. Paul Jacobs, DDS Secretary-Treasurer

Dr. Jacobs is a third-generation dentist, practicing general, cosmetic and dental sleep medicine. He is the dental director of Upper Peninsula Sleep Dentistry and the Care Free Dental Clinic in Escanaba, Michigan which cares for people who are uninsured and underserved. He speaks nationally to dental and medical groups and is an expert in practice management including systems, leadership and team building. A 1983 graduate of the University of Detroit School of Dentistry, he is a global leader in bacterial DNA testing for periodontal pathogens and non-surgical periodontal therapy. He served as a member of the AADSM Accreditation Committee and cochaired the AADSM Practice Management Course. Dr. Jacobs is a Diplomate of the ABDSM and currently serves as a the Secretary-Treasurer of the AADSM Board of Directors.



Dr. Becky Fox, DMD AADSM Board of Directors

Dr. Fox has been practicing dentistry in Central Pennsylvania for over 25 years. She graduated from the Temple University School of Dentistry, where she was selected for the Clinical Achievement Award and Omicron Kappa Upsilon Honor Society. As a lifelong student, her most recent endeavor has been the field of dental sleep medicine. Completing dental sleep medicine programs at Tufts University School of Dentistry and the inaugural year with the AADSM Mastery Program, she then achieved Diplomate status with the ABDSM. She has practiced in various clinical settings ranging from a hospital-based dental residency program, owning a solo dental practice, managing partner in a large multi-location/multi-specialty dental group, and is currently practicing dental sleep medicine full-time. Dr. Fox is also enthusiastic about sharing her knowledge through her experience as a dental residency attending faculty, an in-office instructor for Cerec technology. She is a faculty member of the AADSM Mastery Program and a former member of the AADSM Annual Meeting Committee.

AADSM Subject Matter Experts



Dr. Clare McGorry, DDS AADSM Board of Directors

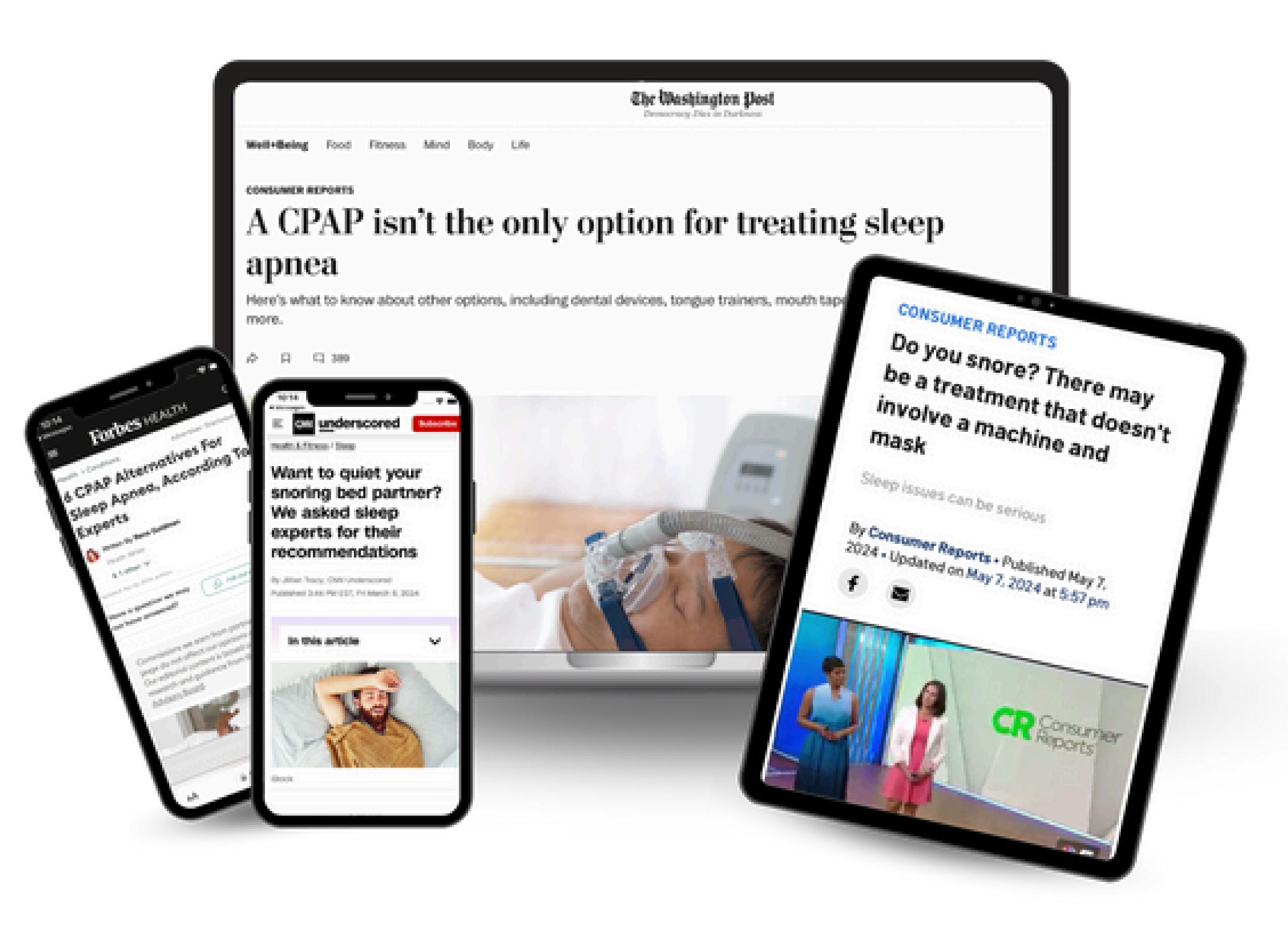
Dr. McGorry is a third-generation general dentist practicing in Washington, DC. She graduated magna cum laude from Ohio State University College of Dentistry in 2016 and completed a general practice residency at the Washington Veterans Affairs Medical Center in 2017. Since 2019, she has been practicing dental sleep medicine and became a Diplomate of the American Board of Dental Sleep Medicine in 2020. Dr. McGorry has been a member of the AADSM Education Committee since 2020 and has served its chair from 2022-2024. She has served as a board member-at-large for the District of Columbia Dental Society since 2020 and currently serves as an alternate delegate to the American Dental Association for DC. Dr. McGorry was named "Top Dentist" in Washingtonian Magazine in 2023 and was the readers' choice runner-up for Best Dentist in Washington City Paper's "Best of DC" edition in 2024. Originally from Buffalo, NY, she is a passionate Buffalo Bills football fan and comes from a large, blended family. Dr. McGorry has five nieces and one nephew whom she adores. In her free time, she enjoys cooking, yoga, hiking, and skiing.



Dr. David Flamenco, DDS AADSM Board of Directors

David Flamenco, DDS is a graduate of La Universidad De La Salle, Bajío, where he concentrated his studies in esthetic dentistry. He has been a dental technician since the age of 16 years old. He began private practice in Reseda, CA and now resides in San Diego, CA. Dr. Flamenco also works with SHARP hospital and has OR privileges for dental surgeries. He is dedicated to staying up to date with advancements in technology and biocompatible materials. He has taken extensive courses in multiple specialties and provides comprehensive care from start to finish within his office while utilizing the most advanced technology available. Dr. Flamenco became a Diplomate of the American Board of Dental Sleep Medicine after completing the AADSM Mastery Program. He has served as a member of the AADSM Education Committee and is currently a faculty member for the AADSM Mastery Program. To stay up to date with the advancements of patient care he is a member of the ADA /CDA, SDCDS, ICOI, AAID, AACD, DOCS education, AASM, and AADSM.







Want to quiet your snoring bedpartner? We asked sleep experts for their recommendations

verywellhealth

The 8 Best Anti-Snoring Devices for a Peaceful Sleep

verywellmind

Can a Better Night's Sleep Boost Your Memory?

6 CPAP Alternatives For Sleep Apnea, According To Experts



Best CPAP Alternatives



Do you snore? There may be a treatment that doesn't involve a machine and mask



A CPAP isn't the only option for treating sleep apnea





Frequently Asked Questions

How prevalent is obstructive sleep apnea (OSA) in the United States?

Approximately 54 million adults in the U.S. have OSA, according to the National Library of Medicine.

What is the difference between CPAP therapy and

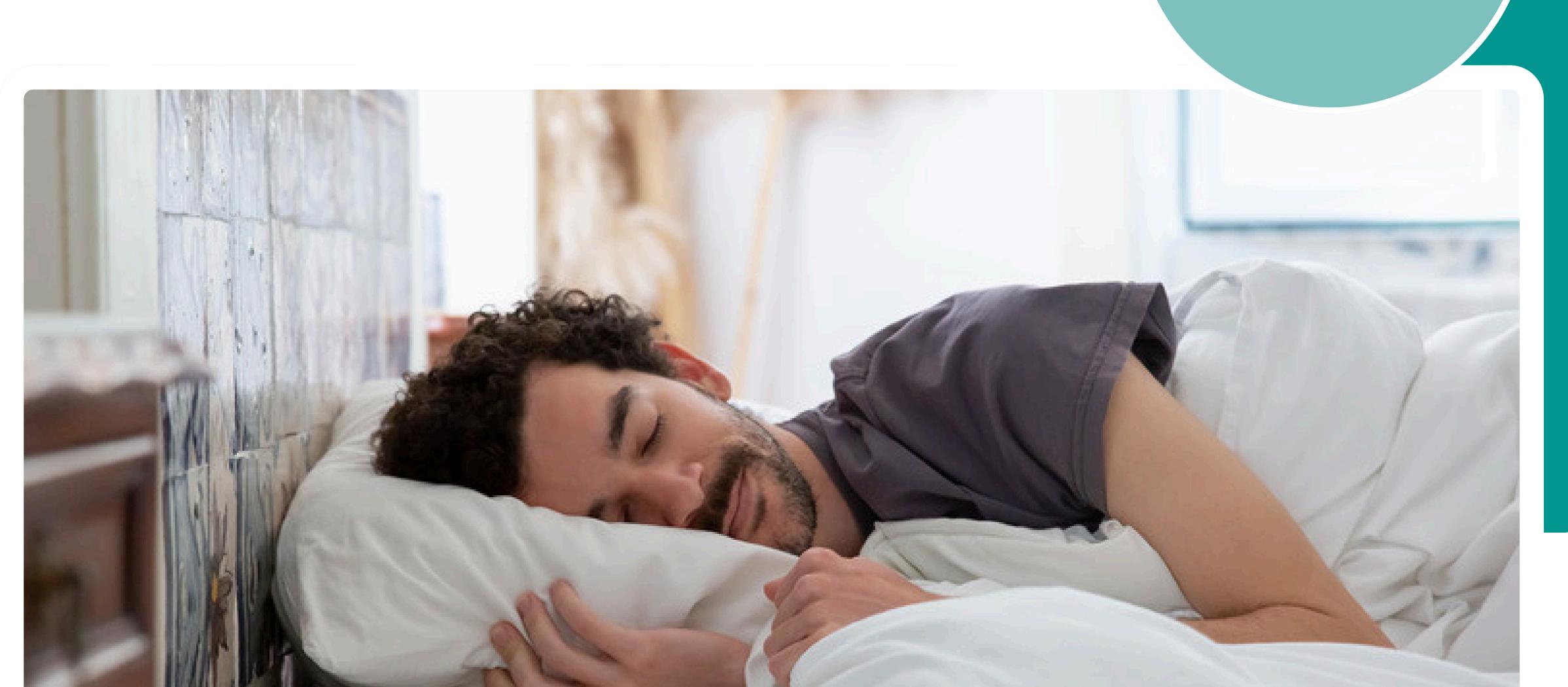
oral appliance therapy?

CPAP therapy involves wearing a mask that covers the nose and mouth — or just the nose — and is connected to a machine that delivers air pressure to keep the airway open during sleep. OAT consists of wearing a custom-fitted mouthguard during sleep to support the jaw in a position to help maintain an open airway.

Patients who use OAT to treat their sleep apnea say they feel refreshed and have more energy during the day. It also helps improve personal relationships — no more sleeping in separate bedrooms due to snoring or a noisy CPAP.

How long does it take for a patient to receive an oral appliance to treat sleep apnea?

Patients are fitted for and receive an oral appliance from their dentist within three weeks, while the wait time for a CPAP machine is at least three months.



"The oral appliance was convenient to use, a godsend to me, and not as much of a hassle as the CPAP. I'm happy that there is such a device that can be used to treat sleep apnea."

Dr. Robert SuppleeOAT user, Ephrata, Pennsylvania

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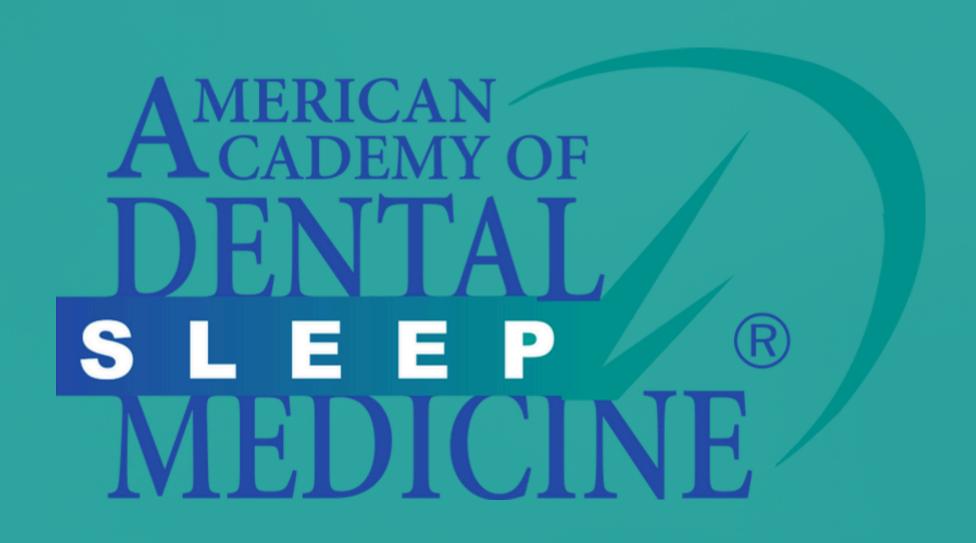
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