

Oral Appliances

Oral appliance therapy for the treatment of snoring and obstructive sleep apnea is effective and relatively non-invasive.

Many appliances can be worn with no outward indication that there is any medical treatment going on. They are portable, require no electricity and are easy to use. Suitable for use at home, when traveling, and in addition to CPAP.

Insurance Coverage

The office has provider contracts with Medicare, Harvard Pilgrim Health Care, Aetna and special arrangements with Blue Cross Blue Shield of Massachusetts. Many insurance plans will pay for the evaluation but not for the actual appliances. Our office will file claims for you with all commercial insurers.

Directions

From Rt. #128/95 North or South: Take Exit 26 towards Weston/Waltham/ US Rt. 20. Follow signs for Weston/ Marlboro. This will take you on to US-20W. After 1-2 miles you will see a sign for Weston Center to the right (there is a decorative fountain at the turn); bear right on to Boston Post Road going through the center of Weston. Just after the main commercial area of Weston Center, bear right on to Concord Rd. (across from Colpitts Rd.) Continue on Concord Road for less than a mile and then bear right onto Merriam St. You will pass the Town of Weston Composting Facility on the left and the Town Garden plots on the right. The road curves, and as you drop down into a valley, 140 Merriam St. is on the left opposite Bakers Hill Road. Look for our sign at the driveway on the left.

Sleep Apnea Dentists of New England

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When CPAP isn't right for you...

Oral Appliances *for sleep apnea*

B. Gail Demko, DMD

*Credentialed by the American Board of
Dental Sleep Medicine*

Francis A. Harrington, DMD, CAGS

617.964.4028

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Oral Appliance Therapy for Sleep Apnea

There are many oral appliances available, most of which are accepted by the FDA for treatment of obstructive sleep apnea. These appliances are custom made or fitted and available only from a medical/dental provider. They are similar to orthodontic retainers and can control snoring and sleep apnea in up to 75% of selected patients.

Oral Appliances are Designed to:

- Open the upper airway
- Increase oxygen supply
- Decrease excessive daytime sleepiness
- Return nighttime breathing to normal
- Relieve the symptom of snoring

Oral Appliances:

- Are easily portable
- Require no electricity
- Can be used in airplanes, camping, sailing, etc.
- Are comfortable
- Are quiet and discreet

No One Appliance is Perfect

The medical provider fabricating your oral appliance must be knowledgeable about many different oral appliances. This assures you that the appliance you get is the right one for you — not the only one the provider can offer.

Sleep Apnea Dentists of New England routinely uses eight FDA accepted appliances.

Oral Appliance Therapy Isn't for Everyone

Oral appliances come in two major families. Those that hold your bottom jaw forward in a “bulldog” bite (MRD) and others which hold your tongue forward (TRD).

Most common is the MRD, but this family of appliances requires adequate healthy sound teeth for retention in the mouth.

TRDs are not retained by the teeth and can be used by people who have no teeth, weak teeth or who have severe facial jaw pain.

Oral delivery of CPAP (OPAP) and custom-made nasal masks retained without elastic straps and headgear are also available.

Ask Your Doctor:

- Is my Obstructive Sleep Apnea worse when I am on my back?
- Is my disease so severe that I require CPAP? *(If so consider OPAP or a custom fitted mask)*
- Would you refer me to Sleep Apnea Dentists of New England?

Please Bring to Your Appointment:

- Copies of your sleep studies.
- Copies of dental x-rays from your dentist.
- Any necessary referral from your Primary Care Physician (Blue Cross HMO patients require an authorization, not a referral from their PCP).

Appointments by medical referral only

CPAP is still the best treatment for obstructive sleep apnea

B. Gail Demko, DMD

- DMD, Boston University School of Dental Medicine
- General dentist, Beth Israel Deaconess Medical Center, Boston, MA for 20 years
- Credentialed in the use of oral appliances for the treatment of patients with snoring and sleep apnea (one of only 7 in the state)
- Expert Advisor to the FDA for oral devices
- Practice limited to Dental Sleep Medicine since 1997
- President-elect of the American Academy of Dental Sleep Medicine*
- Internationally recognized lecturer in the area of Oral Appliance Therapy for Sleep Disorders

Francis A. Harrington, DMD, CAGS

- DMD, Harvard University, School of Dental Medicine
- Assistant Clinical Professor in General Dentistry, Boston University
- Advanced Education in General Dentistry residency (CAGS), Boston University
- General dentist for 10 years in private practices

Both Dr. Demko and Dr. Harrington are members of the American Dental Association, the American Academy of Dental Sleep Medicine and the Massachusetts Sleep Society.

**The American Academy of Dental Sleep Medicine is an international organization dedicated to research and education of medical providers in the use and fabrication of oral appliances for the treatment of obstructive sleep apnea. They are the only organization, in this field, recognized by the American Dental Association.*