



Dr. Ron Dillow

Q: I have sleep apnea and am supposed to use a machine at night to help with the snoring. I don't like it and I read somewhere that dentists can help. Is this true?

A: If you have been diagnosed with sleep apnea, it is important

Ask The Dentist

that you do something to improve your breathing at night. Many of my patients struggle with the inconvenience of the CPAP machine, as do their spouses, who have to put up with the snoring when it is not worn.

A simple device that fits inside your mouth worn at night has helped many of my patients with this problem. It can eliminate snoring and also be beneficial in improving breathing at night. It is important that the dentist and the sleep apnea doctor work hand in

hand with this potentially dangerous condition.

Here at **TODAY'S DENTAL CARE** the focus is on you, your health and your comfort. If you are having dental problems or questions, please call **345-8333 now** to reserve a **complimentary consultation** with Dr. Dillow. You may also direct your questions to Dr. Dillow at drdillow@todaysdentalcare.net