

Dr. Zachary Hodgins:

I realized there was a need for providing an oral appliance that would be an alternative to patients that have CPAP, and that they're not happy with that. And so I went through an enormous amount of continuing education courses and programs, that way we're able to offer that treatment here in our office. Some of the health effects that patients can have from not treating their sleep apnea would be increased risk for cardiovascular disease, like heart attack or stroke. Can lead to depression, can lead to problems with diabetes as well, mood problems. Really the gold standard for treating patients with a sleep apnea is a CPAP. A lot of patients can't really tolerate that very well, so if a doctor or a patient realize that they're not able to tolerate that machine, they're looking for another solution. That's what we offer them here.

Dr. Zachary Hodgins:

Some of the things that patients with sleep apnea might be experiencing right now would be decreased levels of concentration, excessive daytime sleepiness. Some of the things your spouse might be experiencing, as well, might be the same things. But patients that have sleep apnea, a lot of them don't even know they have sleep apnea. As dentists and hygienists and assistants, we're actually able to talk to these patients more about their general health and about their sleeping patterns, as well. From that we're actually able to screen the patient and determine if they're most likely prone to having sleep apnea.

Dr. Zachary Hodgins:

It's basically an oral appliance that holds a jaw forward, gets the tongue out of the way and allows the patient to breathe nicely. And we've seen some incredible results by that. We have one gentleman who's a semi truck driver, and he'd always be downing Cokes and coffee all the time just to stay awake on the road because he wasn't sleeping. And now that we've treated him with our own appliance for sleep apnea, he has a much, much better increased level of energy. He's lost a ton of weight because he's not drinking Cokes and so, he's much safer now.