

Comfortable, Custom-Fitted Oral Device For Sleep Apnea & Heavy Snorers!



According to the National Institutes of Health, sleep apnea affects over 12 million Americans. Risk factors include being overweight and over age 40, but sleep apnea can strike anyone at any age, even children. Sleep apnea is more likely to occur in men than women. Smoking and alcohol use increase the risk of sleep apnea. Untreated, sleep apnea can cause high blood pressure, heart disease, memory problems, weight gain, impotency, and headaches.

What Is Sleep Apnea?

In some people, the windpipe that brings air into the body is blocked during sleep. This keeps the lungs from getting enough air. People with sleep apnea stop breathing for 10 to 30 seconds at a time during sleep. These pauses can occur up to 400 times per night with consequences that can be serious and even life-threatening.

Standard Treatment for Sleep Apnea

CPAP, continuous positive airway pressure, is a common treatment for sleep apnea. A CPAP includes a mask, tubes and a fan, using air pressure to push your tongue forward and open your throat during sleep. When air can pass through the throat, it reduces snoring and prevents apnea disturbances.

Finally! A Comfortable, Effective Alternative!

Kuhn Dental Associates offers sleep apnea treatment with a comfortable, custom-fitted oral device. Your treatment will be based on your medical history and severity of the disorder. A comfortable and effective FDA-approved device can now help keep airways open without inconvenient, bulky CPAP machines.

Unlike CPAP machines, these devices...

- are truly comfortable.
- take only a few days to get used to.
- are small & convenient for travel.

These small, lightweight oral devices are a truly effective alternative to CPAP for

patients with mild to moderate sleep apnea and those with severe sleep apnea who can't tolerate a CPAP.

At Kuhn Dental Associates, the most appropriate oral device is selected based on the severity of your apnea, size and shape of your jaw and tongue, and whether you grind your teeth or have TMJ. It is then fitted so it works effectively and gives you the comfort you're looking for.

**Ready for a good night's sleep?
Call (910) 692-4450 and ask for your complimentary consultation.**

Kuhn Dental Associates is always happy to welcome new patients. If you know someone who needs to overcome sleep apnea, we'll give them the exceptional care you've come to know at Kuhn Dental Associates.

Feb
Mar
Apr
May
2008

Recent Courses By Doctors & Team Members!

Feb 2008:

Dr. Mandy Kuhn Grimshaw, Dr. Ritt Kuhn, and Dr. Bernard Dennison, Jr. were joined by 20 team members in Greenville SC, February 2-3, to further broaden their skills in utilizing CEREC 3D. CEREC technology creates in-office dental restorations, such as crowns and onlays, with computerized precision. The 16-hour course covered the latest unique features of CEREC 3D recently added to speed the process while ensuring appealing, durable crowns and onlays.

Feb 2008:

Dr. David Kuhn, for the third year in a row, was invited to speak to students and faculty of the University of Kentucky College of Dentistry on February 27. A University of Kentucky graduate, he shared personal experiences of building a dental practice founded on a commitment to excellence without bowing to shortcuts due to insurance constraints. He also discussed the advantages of advanced techniques and technology that save patients time in treatment, give greater comfort, and create an optimal outcome.

Continued on back... ■

New Smiles Always Welcome!

When you recommend Kuhn Dental Associates to someone you know, it helps to increase healthy smiles for others!

We truly appreciate your referrals and always strive to ensure they are thrilled with your recommendation of our care!

Recent Courses...From Front

Feb – Mar 2008:

Dr. David Kuhn and Registered Dental Hygienists Anne Meares, April Faircloth, April Hilgendorf, Mary Hassell, Leisa Thomas and Mary Beth Burrows recently learned how enzymes are not just for digestion! The healing power of systemic enzymes as they apply to dentistry was the topic of a two-day conference in Herndon VA, February 29- March 1 at the Fordham Page Nutrition Study Club. Systemic enzymes, natural anti-inflammatory and natural anti-viral substances, have been depleted in most people due to chronic disease or aging. Enzyme balance in the body promotes healing following extractions, implant placement, and other surgical procedures. Enzymes can be effective as an adjunct in treating gum disease and an exciting alternative to traditional drug therapies. Systemic enzymes have also been useful in treating the chronic discomfort of TMJ, a painful jaw joint disorder.

Apr 2008:

Dr. Mandy Kuhn Grimshaw, Dr. Ritt Kuhn, and team members Shelby Decker and Renate Yow attended a 3 day session presented by Dr. Omer Reed in Phoenix AZ, April 17 – 19. The course focused on helping patients place a high priority on oral health by making them fully aware of advantages of being orally proactive and understanding repercussions of neglect. For over 30 years, Kuhn Dental Associates has been involved with Dr. Reed's organization, which has featured Dr. David Kuhn as a speaker to fellow dentists on numerous occasions.

May 2008:

Dr. David Kuhn was accompanied by team members Mary Beth Burrows, April Faircloth and Anne Meares to a May 1 – 3 course on communicating with the various learning personalities of patients. Held at the renowned Las Vegas Institute For Advanced Dental Studies, the course covered steps for informative dialogue with patients regarding their individual oral health needs, particularly at initial appointments.

Staff Spotlight

Leisa Thomas, Registered Dental Hygienist

With Kuhn Dental Associates 24 years



- ❖ **Native of:** Sanford, NC
- ❖ **Loves most about her position:** *"I appreciate being part of a team that provides life changing treatment to patients. We improve appearance as well as one's overall health. Plus, we were doing smile enhancements long before the makeover shows appeared on television."*
- ❖ **When not in the office:** *Leisa enjoys spending time with husband, Gene, and children Haley and Cory. Haley, involved with tennis and ballet, begins at NC State University this Fall. Cory stays busy with football and tennis.*
- ❖ **Little known fact:** *"I owned a florist for 2 years."*
- ❖ **Favorite musicians:** *Van Morrison and Eric Clapton*
- ❖ **If I could change one thing about myself, if would be:** *"I would like to wake up early, jump out of the bed, ready to start my day.... instead of just the opposite!"*
- ❖ **Biggest change in dentistry since career began:** *"Lumineers, no shots needed or pain involved to change a smile."*

COLORS SEND A MESSAGE

Did you know the color yellow could cause a baby to cry? Or, if your kitchen is yellow, you and your spouse may be more irritable to one another? Want to make a room look larger? Paint it white or a cool, light shade.

There is a subtle psychology behind color and your choice of colors can impact moods more than you realize. For instance, cool colors such as green, blue,

and gray are more soothing while red and yellow invoke fatigue. While most green and blue shades have a calming effect on people, red stirs excitement, enhances energy levels, and increases blood pressure. Surprisingly, when blue is dominant in the dining room, it can suppress one's appetite.

Now that you know more about the use of colors, use them to your advantage!