



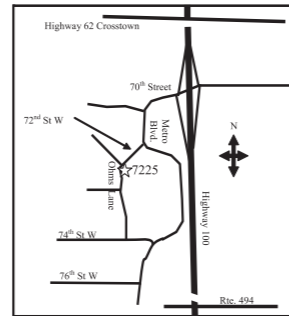
Dr. Parker graduated from the University of Minnesota School of

Dentistry in 1983. He practiced in the Twin Cities TMJ and Facial Pain Clinic from 1984 to 2001, and he founded the Snoring and Sleep Apnea Dental Treatment Center in 1991. In 2001, he became one of the few dentists in the U.S. to focus his practice on dental sleep medicine. He is also a part-time faculty member at the University of Minnesota School of Dentistry. Dr. Parker is a member of numerous TMJ, dental, and sleep disorders societies, including the American Academy of Sleep Medicine, American Academy of Dental Sleep Medicine, American Academy of Orofacial Pain, and American Dental Association.

Dr. Parker is a Diplomate of the American Board of Dental Sleep Medicine and the American Board of Orofacial Pain. He is a charter member of the American Academy of Dental Sleep Medicine and has served on its Executive Board. He is on the staff of many different sleep disorders centers in the Minneapolis/St. Paul area. Dr. Parker is an internationally known lecturer on the evaluation and treatment of snoring and obstructive sleep apnea using oral appliance therapy.

Our Commitment to You

We are COMMITTED to providing the finest care available for patients who need oral appliance therapy to manage their snoring and obstructive sleep apnea condition.



SNORING AND SLEEP APNEA
DENTAL TREATMENT CENTER

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WHAT
A SAFE, EFFECTIVE
YOU
NON-SURGICAL
SHOULD
WAY TO TREAT
KNOW
SNORING &
ABOUT
SLEEP APNEA



SNORING AND SLEEP APNEA
DENTAL TREATMENT CENTER

The Snoring and Sleep Apnea Dental Treatment Center was founded in 1991 by Dr. Jonathan Parker. The practice has grown through referrals from health care providers throughout Minnesota. Since its inception, the Center has assisted dentists and physicians by providing accurate, thorough, and effective care for patients with snoring and obstructive sleep apnea problems, in addition to identifying other sleep disorders.

Dr. Parker works closely with physicians and sleep disorder centers in Minnesota to coordinate and effectively manage patient care. Individualized treatment plans using oral appliance therapy and positional therapy are utilized to treat snoring and obstructive sleep apnea. Dr. Parker is skilled in the use of many different oral appliances and uses his clinical experience to customize the most effective treatment available for each patient. Only clinically tested and FDA-accepted appliances are used.

Our Goal

Our goal for each patient is to re-establish quiet, restful sleep.

WHAT WE DO

A thorough history and head, neck, and throat evaluation is completed to assess every patient's situation. This information is correlated with testing to establish an accurate diagnosis and determine the appropriate treatment options. We will coordinate patient care with the sleep medicine physician to help resolve the snoring or apnea condition.

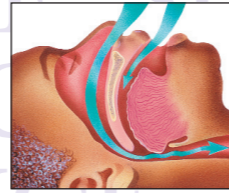
We believe our first responsibility is to INFORM and EDUCATE our patients. We review the evaluation findings and explain the risks, benefits, and reasonable expectations of the different treatment options with each patient. We guide patients in deciding which oral appliance will be most effective and comfortable for their situation. Then we work closely with the patients for a 3-4 month period to ensure the comfort and effectiveness of their treatment.

Patients are seen at least once a year to assess their progress. This comprehensive approach is important to achieving a successful treatment outcome.

INFORM

EDUCATE

SNORING

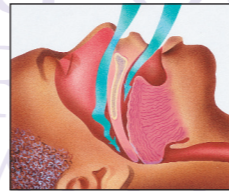


Snoring

Snoring is a problem that affects 67% of adults by the age of 40. It is conservatively estimated that 100 million people in the United States snore every night. Snoring can cause disrupted sleep for both snorers and their sleeping partners and it can lead to health problems.

Snoring is the harsh sound that occurs when the tissue at the back of the roof of the mouth vibrates against the back of the throat. During sleep, those tissues, the tongue, and the muscles that line the airway all relax. When this occurs, the airway narrows. As air passes through the narrower airway, the tissues vibrate against each other and create the snoring sound that can grow louder during sleep. Snoring may also be an indication of a bigger health problem—sleep apnea.

APNEA



Obstructive Sleep Apnea

Obstructive sleep apnea is a condition in which the soft tissues at the back of the throat completely close off the airway so that air cannot flow into the lungs. This airway blockage can reduce the amount of oxygen reaching the brain and body. When that happens, the brain alerts the muscles in the airway to tighten up and unblock the air passage. This leads to a process of blocking and unblocking of the airway that causes significant disruption of sleep.

The most common symptoms of obstructive sleep apnea are:

- Loud snoring
- Restless sleep
- Periodic stoppages of breathing
- Irritability or personality change
- Significant daytime sleepiness
- Difficulty concentrating and poor memory

Sleep apnea is a health problem that can be associated with high blood pressure, heart problems, and stroke. It is important for patients to see a physician or a sleep disorder specialist if they are experiencing snoring and daytime sleepiness.

TREATMENT



Oral Appliance Therapy

An oral appliance is a small acrylic device that fits over the upper and lower teeth or tongue (similar to an orthodontic retainer or mouth guard). This device slightly advances the lower jaw or tongue, which moves the base of the tongue forward and opens the airway. This improves breathing and reduces snoring and apnea. The appliance is fabricated and customized for each patient by a dentist experienced in the treatment of snoring and obstructive sleep apnea. The appliance is usually well tolerated by patients. This treatment is most effective for people with snoring and mild or moderate obstructive sleep apnea, but certain cases of severe sleep apnea can also be successfully treated.