



Hot Topics

THE PANKEY INSTITUTE - ONE CRANDON BLVD. - KEY BISCAYNE, FLORIDA 33149

SNORING: IT COULD BE SERIOUS

Snoring is often an indicator of a greater problem - sleep apnea. Sleep apnea is a serious medical sleep disorder that occurs when breathing stops completely for 10 seconds or more because of an obstructed airway. This could happen 20 to 30 times per night.

Sleep apnea, if untreated, can raise blood pressure, create fatigue and impair day-time functioning, lower flow of oxygen to the brain, lead to heart failure and possible stroke. Approximately 18 million Americans suffer from undiagnosed sleep apnea.

Fortunately, your dentist can help treat sleep apnea and snoring. Various therapies include a device to hold the tongue in place to keep the air passage open, or jaw repositioning appliances. Surgery may also be helpful.

Contact your Pankey-trained dentist to see how he or she can help. The Pankey Institute offers a course called Sleep Disordered Breathing that may further assist your dentist in helping you.