

Your Physician has referred you to the Richard P. Charmoy, D.M.D. practice for an evaluation for oral appliance therapy.

Q & A *Oral Appliance Therapy*

What is Oral Appliance Therapy?

OAT is often a viable alternative to CPAP therapy. A specially designed and adjusted customized oral appliance repositions the jaw and tongue during sleep. The oral appliance creates support for the airway that tends to collapse during sleep, stiffens the soft palate, and can be a highly effective therapy for snoring and sleep apnea.

What appliance should I have?

There are several appliance choices. One of the purposes of the first visit is to decide which is the best for you.

Will I be able to use an oral appliance?

How effective is it?

One of the major advantages of the oral appliance is patient compliance. Over 95% of those given an oral appliance at the office report continued use of the appliance after two years! The oral appliance has been shown to effectively control snoring in over 90% of patients. Mild and moderate sleep apnea responds extremely well; even many cases of severe apnea have been resolved with oral appliance usage.

Why have I been referred to Dr. Richard P. Charmoy and not my dentist?

If you would like, you can certainly check with your dentist first. Dr. Charmoy's therapies, however, are limited to treatment of sleep disturbed breathing. Dr. Charmoy is one of the leading authorities in dental sleep medicine in Central Jersey. He is certified by the American Board of Dental Sleep Medicine. The office is experienced in all phases of treatment, including the management of any side effects of appliance therapy.



Convenient Off Street Parking Available

- ***No Interest Financing Available
If Not Totally Covered by Insurance***

***To schedule your appointment,
call Adele at (908) 722-9222***

Dr. Richard P. Charmoy

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Richard P. Charmoy, D.M.D.

Member of:
American Academy of Dental Sleep Medicine
American Academy of Sleep Medicine

Award Recipient
America's Top Dentist 2009 – Sleep Specialist





*Pictured above:
The appliances tend to
be more comfortable
and less cumbersome
than CPAP.*



*Pictured Left:
Dr. Richard Charmoy
consults with a patient.*

*Pictured Right:
Patient with
appliance in place.*



*Medical Insurance
Maximized*

How do I make an appointment?

Simply call Dr. Richard Charmoy at (908) 722-9222. If you have medical insurance, have your insurance information available when you call. The first appointment procedures will be explained to you in detail and any questions you have will be answered. When you set your appointment date, our office will send you important medical forms and request you send a copy of your sleep study from the Sleep Center. Prior to your visit, Dr. Charmoy will review both your medical history and your sleep study.

Will my insurance cover the device and follow-up visits?

Coverage of the therapy varies from policy to policy. In many cases, the referral by your physician with the medical necessity is an aid to obtaining coverage. The most efficient way to determine your potential insurance benefit is to call the office and speak directly to Adele. Please note that this treatment is considered a medical procedure and will NOT be covered by your dental insurance. While medical insurance companies do not customarily have dentists "participate" in their plans, the office will help you in getting reimbursement.

How long will it take to get the appliance?

If at your first visit a decision is made to proceed with

oral appliance therapy, impressions will be immediately taken and the appliance insertion visit will be scheduled. Usually that appointment can be scheduled two to three weeks from the initial visit.

Should I try a non-custom appliance that I've seen on TV first?

Certainly you can consider this option, but it is NOT recommended. The mass produced appliance you would receive through the mail is a fixed appliance. While it MAY possibly resolve snoring, the critical bite relationship cannot be determined without a full examination. A generic appliance is more likely to be uncomfortable and to create side effects of joint and muscle pain. The major function of such an appliance would be the resolution of snoring but not the apnea. This not only results in a false sense of security, but also the creation of what is termed a "silent apnea," which can be extremely dangerous to your overall health.

Why is it important that this condition be treated?

There are two reasons to treat snoring and apnea. The first is to improve your quality of life. Apnea and snoring can result in altered sleep patterns; and as we know, sleep is very important to the healing process and our ability to perform normally throughout the day. Snoring,

of course, can be a nuisance to a bed partner as well. The second reason is the relationship of apnea to serious medical consequences. Untreated sleep apnea can cause or worsen the following:

- High blood pressure and other cardiovascular disease
- Risk for heart attack
- Risk for stroke
- Pulmonary hypertension
- Weight gain
- Migraine headaches
- Morning headaches
- Hyperactivity in children
- Diabetes
- Impotency and sexual dysfunction
- Depression and anxiety
- Mood swings
- Job impairment
- Marital and other personal relations
- The likelihood of motor vehicle accidents
- Accidents at the workplace
- Acid reflux
- Bruxism (teeth grinding)
- Brain and cognitive changes

For more information, please call the office at (908) 722-9222.