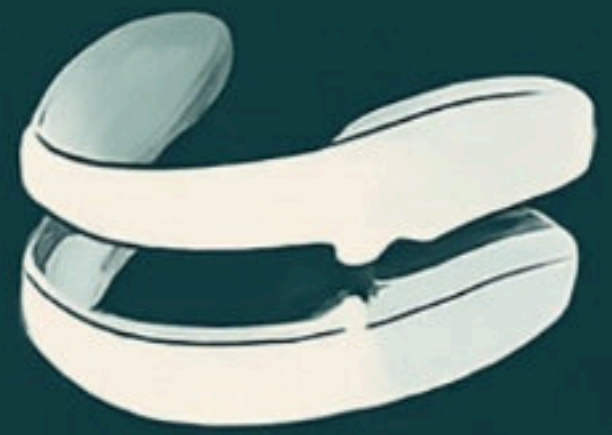# SLEEP APNEA

10 Reasons to Address Sleep Apnea With An OSA Appliance

1. Prevent Cardiovascular Disease

OSA is strongly linked to high blood pressure, heart attacks, arrhythmias, and strokes. Treating OSA reduces sympathetic nervous system overactivity and protects heart health.

2. Lower Risk of Stroke

Intermittent oxygen drops during sleep increase stroke risk. Oral appliances maintain airway patency and improve oxygen levels, helping to reduce cerebrovascular events.

3. Improve Blood Pressure Control

OSA contributes to resistant hypertension. Effective treatment with an oral appliance can lower blood pressure, especially in patients who struggle to control it with medication alone.

4. Reduce Risk of Type 2 Diabetes

Sleep apnea worsens insulin resistance and glucose intolerance. Addressing OSA improves metabolic function and can help prevent or manage diabetes.

5. Protect Brain Health

Chronic oxygen deprivation in OSA increases the risk of neurodegenerative diseases like Alzheimer's and vascular dementia. Treating OSA supports long-term cognitive function.

6. Reduce Risk of Motor Vehicle and Work Accidents

OSA increases daytime drowsiness and microsleeps, making untreated individuals more likely to cause accidents.

7. Improve Atrial Fibrillation Outcomes

OSA is a known trigger for atrial fibrillation (AFib). Managing OSA with an appliance can reduce recurrence of AFib and improve ablation outcomes.

8. Enhance Immune Function

Chronic sleep disruption impairs the immune system. Consistent treatment with an oral appliance improves sleep quality and restores immune regulation.

9. Prevent Pulmonary Hypertension

OSA leads to chronic hypoxia, which can result in increased pulmonary artery pressures. Treating OSA reduces this strain on the lungs and heart.

10. Reduce Inflammation and Oxidative Stress

Untreated OSA increases systemic inflammation, contributing to many chronic diseases. Oral appliance therapy improves airway flow and reduces inflammatory markers.