

Obstructive Sleep Apnea



18 million Americans have been diagnosed with OSA.

An estimated 16 million remain undiagnosed.

10x

People with OSA are 10 times more likely to die in a car crash.



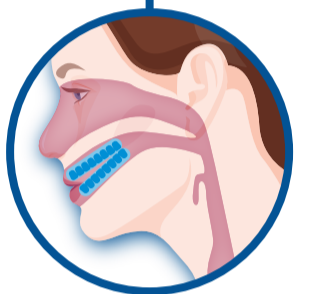
In most cases, snoring is nothing more than an inconvenience. In others, it's a symptom of a serious condition known as **obstructive sleep apnea (OSA)**.

Depending on the severity of your condition, treatments may include:

Behavior modification or simple lifestyle changes, such as weight loss or a change in sleeping position and habits.



Oral appliances that bring the jaw forward during sleep to keep the airway open.



CPAP or BiPAP devices that use positive air pressure to keep the airway open during sleep.



Surgical procedures such as Maxillomandibular Advancement (MMA), Uvulopalatopharyngoplasty (UPPP), Hyoid Suspension and Genioglossus Advancement (GGA).



1 in 5

adults suffers from at least mild sleep apnea.



Obstructive sleep apnea can cause:

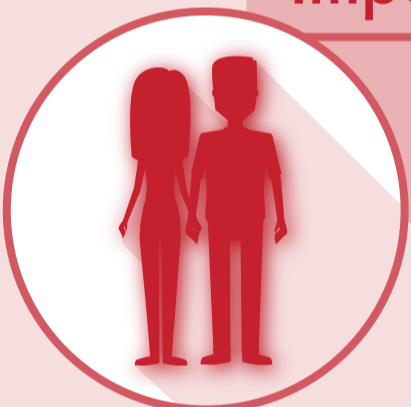
- Altered job or school performance
- Excessive daytime sleepiness
- Marital and social problems
- Accidents and injuries

1 in 3

preschool children suffers from sleep apnea.



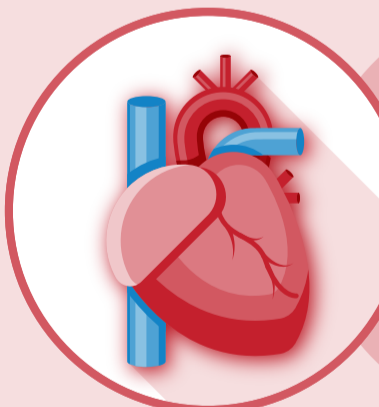
Impotence



High blood pressure



Heart disease



People with OSA are at a higher risk for

Thinking and memory problems

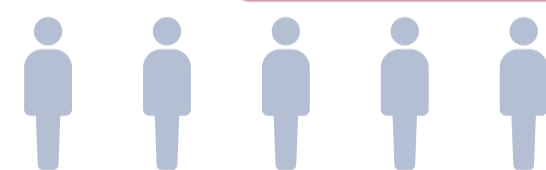


Stroke



40% of people older than 40 snore.

50% of them do so every night.



An oral and maxillofacial surgeon is ready to help as an integral part of a professional team that treats sleep-related breathing disorders.



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to learn more and to find an oral and maxillofacial surgeon in your area.

Source: American Association of Oral and Maxillofacial Surgeons, www.MyOMS.org, Ho & Brass, 2011

This information is not intended as a substitute for professional medical advice, diagnosis or treatment.