

# KATHY SANDERS, DMD, AAACD

COSMETIC DENTISTRY

ACCREDITED MEMBER OF THE ACADEMY OF COSMETIC DENTISTRY



## TRULY REMARKABLE SMILES AND TRULY REMARKABLE SLEEP

Kathy Sanders, DMD, AAACD has embarked on a journey to improve the quality of her patients' lives as well as protecting their truly remarkable smiles. Dr. Sanders is one of eight dentists accredited with the American Academy of Cosmetic Dentistry within the state of Tennessee. She is the only accredited dentist in East Tennessee. In the pursuit of adding Dental Sleep Medicine to her practice, Dr. Sanders has dedicated additional resources: time shadowing UT Medical Center board certified sleep physician, extensive training for herself along with all members of her team, investment in software support, membership in the American Academy of Dental Sleep Medicine and even an additional team member to the dental sleep medicine portion of her practice.

In the first official joint guideline from the American Academy of Sleep Medicine (AASM) and American Academy of Dental Sleep Medicine (AADSM), oral appliance therapy is recommended for the treatment of adult patients with obstructive sleep apnea (OSA) who are intolerant of continuous positive airway pressure (CPAP) therapy or prefer alternate therapy. The new guideline (2015) supports increased teamwork between physicians and dentists to achieve optimal treatment of patients with OSA.

"I believe that oral appliance therapies will be life-changing for many of our patients" said Dr. Sanders. "Many individuals who require extensive dental care also are suffering the effects of OSA." "Due to the need to address this concern and protect the teeth, I have found it helpful to further my studies and add the dental sleep component to our practice."

"This evidence-based guideline reinforces the fact that effective treatment options are available for obstructive sleep apnea, a chronic disease that afflicts at least 25 million adults in the U.S.," said AASM President Dr. Nathaniel Watson. "Although CPAP therapy is still the first-line option for treating OSA, oral appliance therapy is an effective alternative that is preferred by some patients. Sleep medicine physicians and dentists can promote high quality, patient-centered care by working together to identify the optimal treatment for each patient who has sleep apnea."

# TRULY REMARKABLE SLEEP



Lee Buckles has experienced amazing results since discovering that Dr. Kathy Sanders' practice is treating patients for sleep apnea with oral appliance therapies. After her husband noticed that she would stop breathing at night along with some memory issues, Lee's physician ordered a sleep study. The study revealed that Lee was experiencing more than 8 episodes an hour of cessation of breathing. A CPAP device was prescribed for Lee, but unfortunately she would remove her CPAP device in her sleep. Lee was at her wits end when she had a life changing conversation with Dr. Sanders. Lee now uses an oral appliance for sleep apnea and feels more rested than she has in years.

Lee notes, "Since I have been using the device my life has improved immensely. The device is very comfortable to wear. I am able to wake up easily in the mornings, I have more energy and I barely drink coffee anymore. My memory and my mood have improved! I can't imagine going back to feeling the exhaustion I felt before!"



Leslie Keene, RDA, is our newest team member. She has completed training with Dental Sleep Solutions. Leslie stated "when you understand sleep apnea from the patient's perspective, it truly is heartwarming to know that we have helped someone free themselves from such a hindering ailment. I thought making gorgeous smiles was gratifying until I helped someone acquire sleep excellence!"



ALL TEAM MEMBERS HAVE COMPLETED AN ADDITIONAL 10 HOURS OF CONTINUING EDUCATION THROUGH DENTAL SLEEP SOLUTIONS ALONG WITH A TWO DAY PRACTICE RETREAT FOCUSING ON DENTAL SLEEP MEDICINE.

Team members pictured above (L to R): Leigh Bergemann; Dr. Kathy Sanders; Kelly Sommers, RDA; Reneé Powell, RDA; Mary Robinette, RDH; Yvonne Raden and Leslie Keene, RDA.



## Tri-Cities Center for Cosmetic Dentistry

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