



Back row - left to right: Renee Powell, RDA; Leslie Keene, RDA; Dr. Kathy Sanders, DMD, AAACD; Leigh Bergemann Frontrow - left to right: Gretchen Witt, RDH; Yvonne Raden

“I believe that oral appliance therapies will be life-changing for many of our patients.”



sponsor of the month

# Truly Remarkable smiles & Truly Remarkable sleep

Dr. 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 accredited dentists within the state of Tennessee and the only accredited dentist in East Tennessee. She has dedicated resources: time shadowing UT Medical Center board-certified sleep physician, extensive training for herself along with training for 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."

You may contact Dr. Sanders at the Tri-Cities Center for Cosmetic Dentistry located at 4623 Fort Henry Dr, Kingsport, TN 37663 Phone: (423) 239-7899 [trickiesmiles.com](http://trickiesmiles.com)

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