

# kathy SANDERS, DMD, AAACD

## Truly Remarkable Smiles & Truly Remarkable Sleep

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 oral appliance therapies will be life-changing for many of our patients" said Dr. Sanders. "Many individuals who require extensive dental care are also 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."

AASM President Dr. Nathaniel Watson says the evidence-based guideline reinforces the fact that effective treatment options are available for the estimated 25 million US adults with obstructive sleep apnea

"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," said Watson. "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."

## LEE BUCKLES

### 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!"

## ANOTHER SATISFIED PATIENT

*"I saw Dr. Sanders for an oral appliance for my sleep apnea. I had tried to use a CPAP but was unable to use it because it kept my husband and myself awake at night due to the noise and blowing air. Dr. Sanders' team was so kind. Leslie, the Dental Sleep Medicine Coordinator, gave me all the information I needed to make my decision to try the oral appliance therapy. I am extremely satisfied with the appliance as well as the care I received from Dr. Sanders. I can't say enough positive things - I sleep better and wake up ready to go each morning!"*

- Jimmie Coats



## WHO IS DR. SANDERS?

Kathy Sanders, DMD, AAACD, has embarked on a journey to improve the quality of her patients' lives as well as protect their truly remarkable smiles. One of the nation's most accomplished cosmetic dentists, Dr. Sanders is now providing the added benefit of dental sleep medicine to her practice, dedicating tremendous resources to the pursuit of excellence, including: time shadowing a UT Medical Center board-certified sleep physician, extensive training for herself along with training for all members of her team, investment in software support, and membership in the American Academy of Dental Sleep Medicine. She and Leslie Keene, RDA, the Dental Sleep Medicine Coordinator, traveled to Charlotte, NC, for the 2017 annual AADSM Sleep Symposium.

## WHY YOU SHOULD CHOOSE US.



Dr. Sanders has achieved Qualified Dentist Status with the American Academy of Dental Sleep Medicine (AADSM). Dental Sleep Medicine has evolved into an important part of the practice — helping provide quality sleep for patients who are diagnosed with sleep concerns. The practice has a dedicated Dental Sleep Medicine Coordinator, Leslie Keene, RDA, who coordinates all physician and medical insurance details so that a patient's time spent with Dr. Sanders will be the most productive possible. Once a patient's dental sleep device is delivered, therapy includes a patient's follow-up appointments along with follow-up sleep testing to determine the efficacy of the appliance.



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