



BRIDGING --- THE GAP

Digident Laboratory's e-Newsletter

OCTOBER 2018

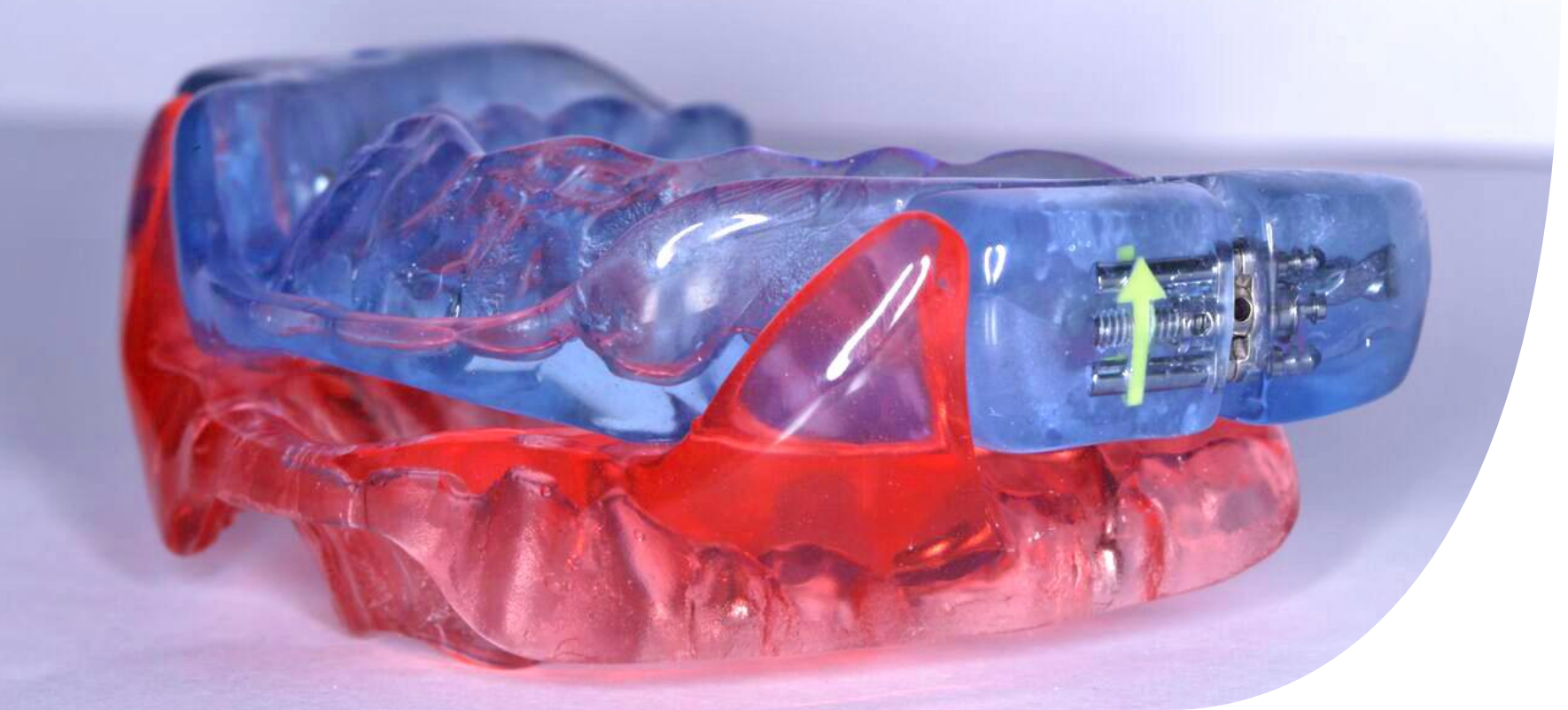
» ABOUT US

Digident Laboratory is a new and modern dental laboratory embracing digital advances in the dental industry. With our CAD/CAM system we can cover a multitude of restorations, making use of the latest in material technology.

We are Digital Occlusal Splints specialists, working closely with some of the top dental specialists in the management and treatment of TMJ pain. Backed by a team of technicians with over 30 years of experience we are able to cover a wide range of services.

Combining our skilled team with the latest DNA Generation Milling technology from Amann Girrbach, we can offer consistent precision and quality to our clients and their patients.





MANDIBULAR ADVANCEMENT SPLINTS

For Snoring and Sleep Apnoea

Loud snoring affects about 30% and 18% of middle aged men and women respectively. Whereas obstructive sleep apnoea (OSA), which is the result of repetitive obstruction of the upper airway during sleep, affects 13% of men and 6% of women. As a result of sleep fragmentation and oxygen desaturation from OSA, sufferers typically exhibit daytime sleepiness, neurocognitive impairment and are at risk for cardiovascular morbidity and mortality.

Mandibular advancement splints are the first line treatment for snoring or mild to moderate OSA. Also, they may be used in patients who are unable to tolerate CPAP. There are many different designs which may be customised to the individual needs of patients. The mechanism of action is based on protruding and stabilising the mandible and hence reducing pharyngeal collapsibility during sleep.

Approximately, two-thirds of patients utilising mandibular advancement splints reveal a 50% reduction in the apnoea-hypopnoea index (AHI) based on polysomnography. Subjectively, patients

and their partners typically report reduction in daytime sleepiness and snoring respectively. Also, mandibular advancement splints may have a positive effect on blood pressure and endothelial function. Furthermore, mandibular advancement splints have been found to improve quality of life and mood of patients.

Although the therapeutic efficacy of CPAP is superior to mandibular advancement splints based on the AHI, mandibular advancement splints have greater compliance. This in turn may translate to similar clinical effectiveness with both treatments. Mandibular advancement splints are normally comfortable and side effects are usually mild and transient. However, dentists must be vigilant in monitoring patients for bite changes in the long-term.



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MR SLADE BURNETT

7th NOVEMBER 2018

6pm - 7pm

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Did You Know?



**MANY PATIENTS
WITH SLEEP APNOEA
DON'T SNORE**



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