

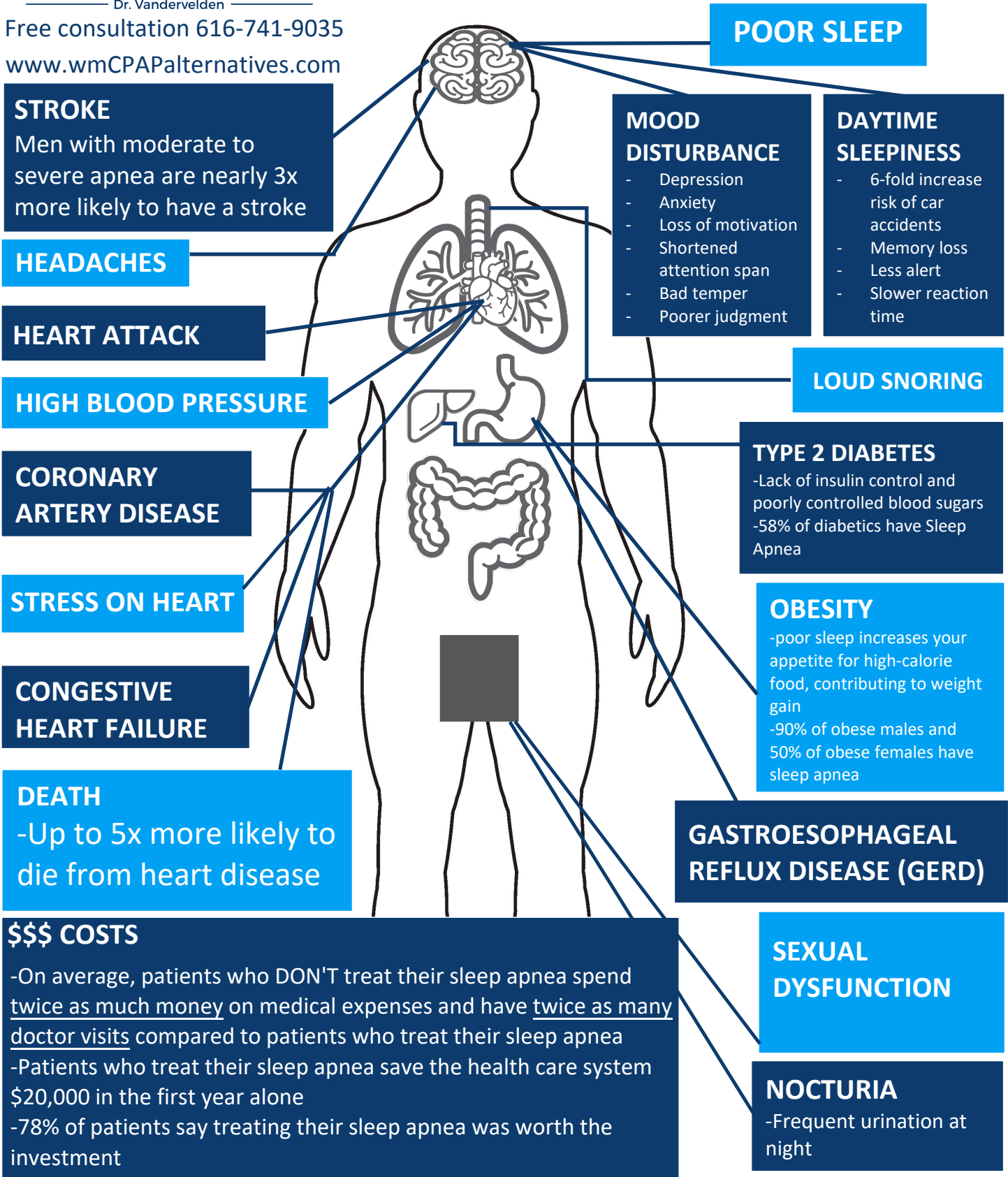


WEST MICHIGAN
CPAP Alternatives
 Customized Sleep Apnea Solutions
 Dr. Vandervelden

Free consultation 616-741-9035

www.wmCPAPalternatives.com

UNTREATED SLEEP APNEA HARMS YOUR WHOLE BODY



POOR SLEEP

STROKE
 Men with moderate to severe apnea are nearly 3x more likely to have a stroke

HEADACHES

HEART ATTACK

HIGH BLOOD PRESSURE

CORONARY ARTERY DISEASE

STRESS ON HEART

CONGESTIVE HEART FAILURE

DEATH
 -Up to 5x more likely to die from heart disease

\$\$\$ COSTS
 -On average, patients who DON'T treat their sleep apnea spend twice as much money on medical expenses and have twice as many doctor visits compared to patients who treat their sleep apnea
 -Patients who treat their sleep apnea save the health care system \$20,000 in the first year alone
 -78% of patients say treating their sleep apnea was worth the investment

MOOD DISTURBANCE

- Depression
- Anxiety
- Loss of motivation
- Shortened attention span
- Bad temper
- Poorer judgment

DAYTIME SLEEPINESS

- 6-fold increase risk of car accidents
- Memory loss
- Less alert
- Slower reaction time

LOUD SNORING

TYPE 2 DIABETES
 -Lack of insulin control and poorly controlled blood sugars
 -58% of diabetics have Sleep Apnea

OBESITY
 -poor sleep increases your appetite for high-calorie food, contributing to weight gain
 -90% of obese males and 50% of obese females have sleep apnea

GASTROESOPHAGEAL REFLUX DISEASE (GERD)

SEXUAL DYSFUNCTION

NOCTURIA
 -Frequent urination at night



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TREATING SLEEP APNEA BENEFITS YOUR WHOLE BODY

Custom oral appliance therapy is as effective as CPAP for treating mild to moderate sleep apnea, studies suggest

More comfortable than a CPAP, most patients strongly prefer a custom oral appliance over CPAP

A custom oral appliance looks like a retainer that you wear at night while you sleep. It works by positioning your jaw forward and opens your airway

Decreases chance of stroke

Fewer headaches

Decreases risk of heart attack

Lowers high blood pressure

Decreases risk of coronary artery disease

Decreases stress on the heart

Decreases risk of congestive heart failure

Decreases risk of heart related death

\$\$\$ SAVES MONEY

-On average, patients who TREAT their sleep apnea spend half as much money on medical expenses and have half as many doctor visits compared to patients who DON'T treat their sleep apnea

-Patients who treat their sleep apnea save the health care system \$20,000 in the first year alone

-78% of patients say treating their sleep apnea was worth the investment

Improves motivation, attention span, and judgment

Improves memory and alertness

Wake up feeling more rested

Less tired during the day- This reduces risk of accidents

Eliminates loud snoring- spouses love this!

Improves type 2 diabetes

Helps you loose weight- high quality sleep decreases food cravings

Decreases Acid Reflux

Improves male sexual function

Less frequent night time trips to the bathroom

Improves quality of life



Improves mood

Decreases depression and anxiety