

DANGER...

SNORING MAY BE A SIGN OF LIFE THREATENING DISEASE!

SNORING IS THE cardinal symptom of Obstructive Sleep Apnea [OSA]. The Mayo clinic claims OSA as one of the world's most prevalent undiagnosed diseases.

Research has proven snoring may be the link to more serious diseases such as high blood pressure, rapid and irregular heart rhythms and congestive heart failure. The list goes on to include endocrine diseases of the thyroid, sex glands and insulin producing glands. Lack of oxygen destroys brain cells, prevents tissue regeneration and increases the risk of death. The hard facts are that Sleep Apnea [OSA], also known as Upper Airway Resistance Syndrome [UARS] accelerates the aging process and age related diseases such as heart attack, stroke and diabetes.

This is tough talk. Snoring is not a joke — it is no longer merely a nuisance to your sleep partner or the brunt of an unkind remark. It may be diminishing your health, increasing your mortality rate and decreasing your quality of life. Snoring is present nearly always in Sleep Apnea. Snoring may be described as a squeezing down of the airway producing a squawking, rattling effect, where as apnea is the ultimate closing down of the airway — mild or severe, both result in oxygen starvation.


Breathing disorders are always a result of an inadequate airway. This can be as temporary as a stuffy nose and sore throat to as complicated as skeletal and dental deformities. During awakedness our CNS [central nervous system] receptors stimulate the Pharyngeal Dilators [throat muscles] to keep the airway open. While asleep, the CNS receptors don't function, allowing the airway to collapse. Genetics influencing facial and jaw formation, smoking, obesity and certain drugs can increase the risk of collapse.

Sleep problems are big news. Life magazine estimates that 70 million Americans suffer from sleep disorders. There are 35-40 million of us with mild to severe OAS. The estimated loss of productivity is \$70 billion. Dr. William Dement, the Stanford researcher, considered the father of Sleep Medicine estimates that 38,000 people die each year from consequences of sleep apnea while another 24,000 die in sleep caused auto accidents. Sleep Apnea, once thought to be a disease of the old and obese makes the news regularly as younger fit persons and professional athletes die from complications. Statistics show that there is a six times larger risk of mortality from oxygen starvation in the 20-29 year old than in the 60-70 year old age group.



The good news; OSA can be treated. Your quality and longevity of life can be improved. Medical treatments and dental treatments have a high success rate of keeping the airway from collapsing. Snoring diminishes when the airway remains open. As oxygen gets to our brain and tissue cells, sleep quality improves as we no longer have to keep partially awake to prevent the airway from collapsing.

If you are waking un-refreshed after tossing and turning all night, excessively clenching and grinding your teeth and experiencing inappropriate daytime sleepiness or diminished cognitive function, you may also be a victim of Sleep Apnea. A good nights sleep is a blessing — more productivity, better cognitive function, improved healing, more resistance to disease and improved endocrine function — PRICELESS!!!

For further discussion of medical complications and treatments, please refer to my web site at www.endsnoring.com. 

Dr. Riley limits his practice to Sleep Disorders and TMJ Dysfunction. He is credentialed by the Academy of Dental Sleep Medicine. He can be contacted at www.endsnoring.com or 949-448-7667 for a personal consultation.

