

John Remmers, M.D.

Harvard trained physician who coined the term "Obstructive Sleep Apnea" (OSA)

1. Sleep apnea will be the most common chronic disease in industrialized countries. 17% in U.S. suffer from OSA. 28% of truckers suffer from OSA. 95% of OSA patients are undiagnosed.
2. 65-80% of stroke patients have OSA.
3. 1/3 of people with coronary artery disease have OSA
4. Structural narrowing of the pharynx plays a critical role in most, if not all, cases of OSA. This is due to upper and lower jaws being recessed in face. **OSA would not exist if the upper and lower jaws were ideally placed in the face.**

David Gozal, M.D.

Israeli trained physician on Faculty of University of Louisville

1. 7-13% of all pre-school children snore.
2. OSA present in 2-3% of all pre-school children
3. Snoring is not normal: snoring should never occur.
4. If you do not address the OSA problem in children you may not be able to later reverse the cardiovascular problems which will occur
5. Systemic inflammation is increased with OSA and platelets are more likely to adhere accelerating the process of atherosclerosis
6. In a 1998 study of 297 poorly performing first graders the incidence of OSA was 6-9 times more frequent than a normal group
7. OSA is responsible for a 10 point drop in IQ

Bryan O. Blevins, D.D.S.

1. 70% of TMD (temporomandibular joint pain) patients screen positive for OSA and bruxism (tooth grinding)
2. OSA patients are 6 times more likely to brux or clench than a normal group

**Brendan Stack, Jr., M.D. (ENT specialist, University of Arkansas)
speaking at the IAO Meeting Tucson, AZ, April 2007**

1. 60-80% of snorers will test positive for OSA with polysomnogram (sleep study)
2. Untreated OSA results in a 20% reduction in life expectancy

Steven Olmos, DMD, Director of TMJ Sleep Centres speaking April 2007

1. Scalloping of tongue is 70% predictive of OSA
2. 90% of OSA patients suffer from hypertension
3. 40% of adults over 40 in the U.S. snore

Kent Smith D.D.S., sleep specialist

Obese patient is 7.1 X more likely to have MI (heart attack) than healthy patient

Hypertensive patient is 7.8 X more likely to have MI than healthy patient

Smoker is 11.1 more likely to have MI than healthy patient

OSA patient 23.3 X more likely to have MI than healthy patient