

Date: 02/28/2019

Pt. Name:

DOB:

Dear Dr.

Hope this finds you well. In our pursuit to raise awareness within the community on the dangers associated with excessive snoring and the health consequences of untreated Obstructive Sleep Apnea (OSA), we are happy to announce that our practice uses APP-NEA protocols and is MAD-FIT certified to help patients suffering from OSA and snoring with a comfortable & non-invasive Oral Appliance Therapy (OAT) option to CPAP.

Our practice is committed to increasing awareness within our community, so that more patients can get the treatment they need to lead a healthier life. With more than 95% of sufferers not even knowing they have sleep apnea, it is critical that we reach as many patients as possible to help educate them that snoring is no longer an embarrassing matter as it could be an early warning sign of a potential life threatening condition, OSA.

Here in our practice we offer OAT for those patients that have mild-moderate OSA (1st line treatment as per practice guidelines AASM, AADSM), unable to tolerate Continuous Positive Airway Pressure (CPAP) therapy. OAT is also be a great solution to curb that annoying and embarrassing snoring and for the severe OSA patients who can use OAT in combination with their CPAP to help keep the pressure at a more tolerable level.

Our office is part of the APP-NEA network of MAD-FIT certified dentists and perform benefit checks, pre-authorizations and billing of claims for OAT to medical carriers. APP-NEA's mission is to simplify the diagnosis, treatment, and management of sleep disordered breathing. APP-NEA does this to serve both healthcare professionals and patients. Through APP-NEA, sleep physicians and dentists can offer services and solutions that will more effectively help their patients and grow their practices. APP-NEA offers a way forward for people who suffer from OSA and snoring. APP-NEA diminishes the barriers that too many encounter on their path to restful sleeps, improved daytime function and greater quality of life. Included in this letter is a copy of the STOP BANG risk assessment we use in our practice to screen patients for OSA. Please feel free to make copies and provide it to patients if you need a screening tool for OSA. Part of our protocol is to maintain constant communication with the medical teams that our patients are under the care of. Please know that any patients you refer to us, we will be sure to keep you updated on their progress every step of the way. You can also refer your patients to our online screening tool at APP-NEA where they can get screened easily and conveniently.

I would like to arrange a mutually convenient time for us to meet so that we can discuss how our practices can work together to increase awareness in our community to prevalence, incidence and treatment of OSA. To find out more about our practice, MAD-FIT certification and the benefits of joining the APP-NEA network so you can expand your practice's presence

Our goal is to establish long term relationship with you and your practice and build a dynamic referral network to improve many patients health and save our more lives so please feel free to reach out to me at your earliest

convenience.

Sincerely,

Dr. Oluwadayo O. Oluwadara, MS, PHD, DDS

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STOP BANG QUESTIONNAIRE

Please answer yes or no to the following questions. This is a screening tool to assess the risk potential for sleep apnea.

S - Snoring - have you been told that you snore?

No

T - Tired - Do you often feel tired, fatigued, or sleepy during daytime?

No

O - Observed - Do you know if you stop breathing or has anyone witnessed you stop breathing while you are asleep?

No

P - Pressure - Do you have high blood pressure or are you on medication to control high blood pressure?

No

B - BMI - Is your body mass index greater than 28?

No

A - Age - Are you over 50 years old?

Yes

N - Neck Circumference - Are you a male with a neck circumference greater than 17 inches?

Yes

Or a female with a neck circumference greater 16 inches?

Yes

G - Gender - Are you a male?

Yes

If you answer **YES** to **3** or more of these questions you are at a **HIGH RISK** for sleep apnea. Please call our office and we can schedule a consultation today!