

MISERY IN A MARRIAGE

SECOND HAND SNORING

“Snoring can be a tremendous health burden, not only to the snorer, but also to the bed partner.”

Does your partner's snoring keep you awake at night? Do you sleep in another room because it's the only way you can get a good night's rest? Though snoring is commonly treated as a minor annoyance, loss of sleep is a serious problem.

For those losing sleep due to snoring, James E. Metz, DDS, and his staff of experts have a solution. “Snoring can be a tremendous health burden, not only to the snorer, but also to the bed partner,” explains Dr. Metz. “Beyond threatening your physical well being, snoring and sleep apnea can damage your intimate relationship with your spouse. The condition often turns married couples into roommates.”

Snoring is often an indicator of a serious medical condition called sleep apnea, a condition in which the airflow is obstructed during sleep and breathing stops for up to a



Photo: iStockphoto.com/myrma



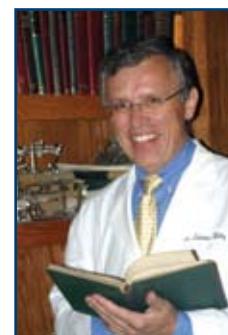
Photo: Airway Management, Inc.

minute at a time. This disruption in breathing causes the person to wake up consciously and sub-consciously multiple times throughout the night, which results in many health related problems and can even be life threatening.

“The TAP (Thornton Adjustable Positioner) appliance eliminates most snoring and turns a person's life around.” A highly effective treatment for snoring and sleep apnea, the TAP is a oral device that fits on the upper and lower teeth. Once the hook on the upper tray and the slot on the lower tray are engaged the lower jaw is brought forward by the dial mechanism to hold the airway open.

While CPAP (continuous positive airway pressure) machines are commonly used to treat sleep apnea, according to Dr. Metz, only 17 percent of people who are prescribed CPAP actually use them. “CPAP is the gold standard of care, but patients report them to be cumbersome and uncomfortable.” Patients using the TAP have a much higher compliance rate, 80 to 90 percent. Seeking treatment for snoring and sleep apnea allows couples to share a good night's sleep *together* again.

Dr. Metz has been in private practice for over 30 years. He provides a full range of dental services in a professional and caring environment. To take the first step



toward renewing your health, call Dr. Metz's office at **614-252-4444**.

The TAP is covered by most health insurance plans, the appliance falls under the same category as durable medical equipment and prostheses. For more information on his practice, visit www.columbusdentistry.com



James E. Metz, DDS
 General Dentist
 1271 East Broad Street
 Columbus, Ohio 43205
 614-252-4444
columbusdentistry.com

People who sleep next to snorer with sleep apnea often suffer from:

- Aches and pains
- Fatigue and daytime sleepiness
- Fibromyalgia
- Depression
- Memory impairment
- Sexual dysfunction
- Weight Gain

Symptoms and Health Risks of Sleep Apnea:

- Falling asleep during the day
- Memory problems
- Irritability
- Morning headaches
- Reflux
- Depression
- Weight gain
- High blood pressure
- Heart disease
- Stroke
- Sexual dysfunction
- Automobile Accident

“I have more energy since I started using the TAP to treat my obstructive sleep apnea; I was not able to tolerate CPAP.” W.K. (current patient)

LADIES'

Never Underestimate The Power Of A Woman

HomeJournal®

JUNE 2007

7 Simple Stress Soothers

For the Frazzled & Frustrated

Credit Cards That Pay You

The Sneaky Summer Sickness

You May Not Know You Have

NO MORE BAD HAIRCUTS

A Salon Survivor Guide

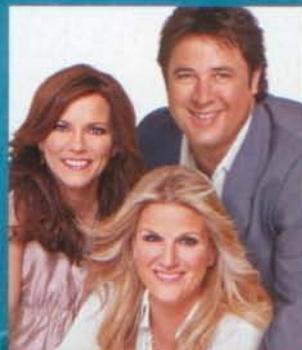
HIDDEN DANGERS In Your Morning Coffee

15 Ways to Stay in Love

By Dr. Phil & Robin McGraw

The Heart & Soul of Country

Martina McBride, Trisha Yearwood & Vince Gill on the power of faith and family



Chill-Out Summer Salads
5 Family-Friendly Recipes