

## Sleep Apnea Patient Questionnaire

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

Do you snore loudly?

Yes  No

Do you often feel tired, fatigued, or sleepy during the daytime?

Yes  No

Has anyone observed you stop breathing during your sleep?

Yes  No

Do you have or are you being treated for high blood pressure?

Yes  No

Are you obese/ very overweight – BMI more than 35 kg/m<sup>2</sup>?

Yes  No

Are you over 50 years old?

Yes  No

Is your neck circumference greater than 16 inches?

Yes  No

Are you male?

Yes  No

*Upon completion, please take this form to the receptionist and we will be happy to assist you in setting up your initial consultation.*

Julia Kagan, DDS,  
Certified Acupuncturist



Dr. Kagan uses integrative medicine and interdisciplinary treatment to manage TMJ DISORDERS, HEADACHES, MIGRAINES, NECK AND SHOULDER PAIN, EAR PAIN, TINNITUS, SNORING, AND SLEEP APNEA. Eastern and Western medical practices go hand in hand to help you regain your ease and vitality. ORAL APPLIANCE THERAPY optimizes airway, improves sleep, aligns skeletal structures and protects teeth. ACUPUNCTURE relieves pain, reduces stress, and improves digestion & breathing. Further possibilities for interdisciplinary treatment such as Physical Therapy or Functional Medicine may also be introduced. Dr. Kagan optimizes your body's innate healing ability in a way that works for you.

### Education

Doctor of Dental Surgery (DDS) from SUNY at Buffalo School of Dental Medicine, 2004  
Acupuncture Certification from Tristate College of Acupuncture, 2014



In our on-going efforts to better serve our patients, Stellar Dental Care is pleased to offer the management of Sleep Apnea.

### Five Convenient Offices To Serve You:

**4154 McKinley Pkwy.**

*Near McKinley Mall*

716.649.2288

**7500 Transit Road**

*Near Eastern Hills Mall*

716.632.5555

**2929 Sheridan Dr.**

*Near Boulevard Mall*

716.831.8844

**3557 Union Road**

*Near Galleria Mall*

716.651.0099

**1165 French Road**

*Cheektowaga, Corner of Borden Road*

716.274.7777

[stellardentalcare.com](http://stellardentalcare.com)

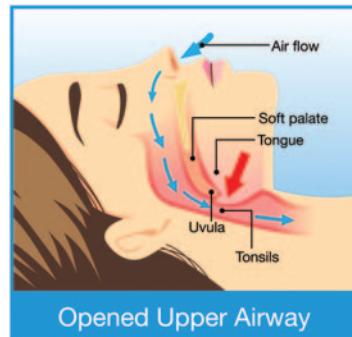
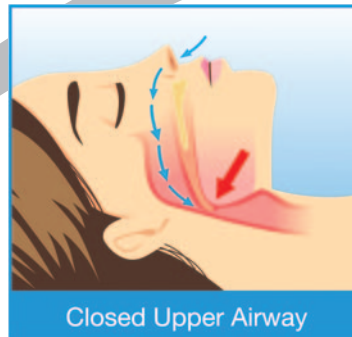


Snoring,  
Sleep Apnea,  
and Upper Airway  
Resistance  
Syndrome



# Wake Up Well Rested and Energized

*Snoring, sleep apnea and UARS are types of sleep disordered breathing. A narrowed airway can be the cause.*



*Obstructed airways can often be corrected with an appliance. Talk to your Stellar Dental Care professional to see if this may be right for you.*



*Sleep apnea appliance*

## Effects of Sleep Apnea

High Blood Pressure

Heart Disease

Type 2 Diabetes

Weight Gain

Adult Asthma

Acid Reflux

Car Accidents

**Change your energy, mood and overall well being with a good night's rest every night.**

*Ask your **Stellar Dentist** how to get started with a medical diagnosis.*

### Causes

**SNORING** may occur when you sleep on your back, are overweight, have a large neck size, your tongue falls back into the throat, tonsils and/or adenoids are large, you mouth breathe while you sleep, are overly tired, eat or drink too late at night, have a cold or are congested.

**SLEEP APNEA** may occur when your airway becomes completely blocked and air is not able to move through your airway. You can hear someone with sleep apnea gasping for air and snoring during sleep to overcome an obstruction in their airway.

**UARS** is also caused by a narrow upper airway. Unlike sleep apnea, which is more common in overweight men, UARS is more common in normal weight women. It can cause headaches, neck pain, chest tightness, problems swallowing and TMJ pain.

### Signs and Symptoms

Common signs and symptoms of sleep apnea include:

- Snoring
- Waking up gasping for air
- Daytime fatigue
- Falling asleep driving or watching TV
- Morning headaches
- High blood pressure
- Cardiovascular disease.

Common occurring signs and symptoms of sleep apnea and snoring included acid reflux, teeth grinding at night, diabetes, mood swings, poor memory, symptoms of depression, anxiety, dementia, difficulty concentrating, ADHD, and insomnia.

### Treatment

Your dentist can make you a sleep apnea appliance such as the one shown above. These devices pull your jaw forward to keep your airway open so that you obtain sufficient oxygen to keep your body functioning in deep sleep. They are easy to use, easy to travel with and are indicated for snoring, UARS, mild, moderate and, sometimes, severe sleep apnea.

If you or someone you love is having a hard time with sleep, please let us know. We can set up a consultation to determine if you are a candidate for a specific sleep appliance.

