

ORAL APPLIANCES
FOR
THE MANAGEMENT
OF
SNORING & OBSTRUCTIVE SLEEP APNEA

BY

ARTHUR M. STRAUSS, D.D.S.

**ORAL APPLIANCES FOR TREATMENT
OF
OBSTRUCTIVE SLEEP RELATED BREATHING DISORDERS
(Obstructive Sleep Apnea, Snoring, etc.)**

There are two basic types of oral appliances that have shown to be effective in the treatment of obstructive sleep related breathing disorders (OSRBD): the Tongue Retaining Device (TRD) and (anterior) Mandibular Repositioning Device (MRD). There are multiple design variations and over seventy five designs of the mandibular repositioners.

Since there is no scientific basis for pre-determining the appropriate appliance for each patient that is based upon treatment outcome (determined by efficacy and compliance), the use of oral appliances in the treatment of OSRBD is referred to as Oral Appliance Therapy (OAT).

OAT is a three phase process:

- (1) Diagnostic - designed to determine which, if any, oral appliance type and design is appropriate for this treatment through “trial procedures”. Generic designs of both TRD and MRD are generally tested. Through patient feedback of the trials an appropriate type and design is selected.
- (2) Construction, fitting and titrating -This is based upon similar feedback used for the trials. It can include tape recording of sleep, observation by another during sleep and subjective information of the patient. Based on this feedback, modifications are made to maximize the fit, comfort and efficacy of the definitive appliance.

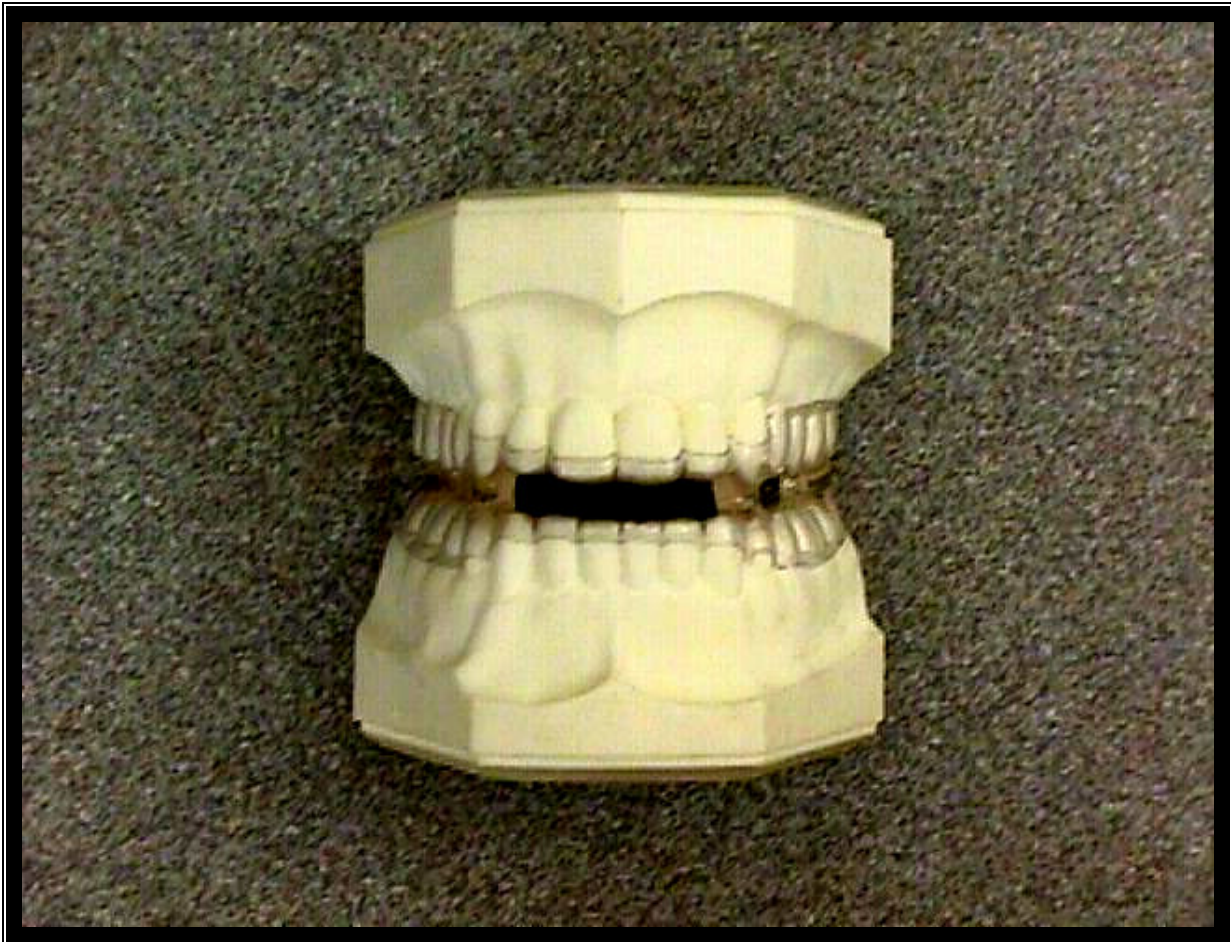
The objective measurements are best taken after a one-to-three month adaptation period, when oral-pharyngeal tissue swelling associated with the prior sleep disordered breathing should be eliminated. The referring physician is responsible for ordering the objective sleep study of the effectiveness of the oral appliance in treatment of the OSRB. If the oral appliance is titratable, it should have been titrated in the adaptation and fitting process and should be further titrated, if required during the sleep study.

(3) Follow-up – to monitor for and manage fit, utilization, effectiveness and side effects associated with use. This also includes repair, modification or replacement of the oral appliance.

Trial Oral Appliances

Trial Mandibular Repositioning Device
(TMRD)

A Custom Made Non-Adjustable
Appliance Positioned to A George Gauge
Bite Registration



**Trial MRD
(Strauss Design)**

Definitive Oral Appliances

Tongue Retaining Device
(TRD)

This Tongue Retainer is also
Available with External Bilateral
Breathing Tubes for Oral Breathing

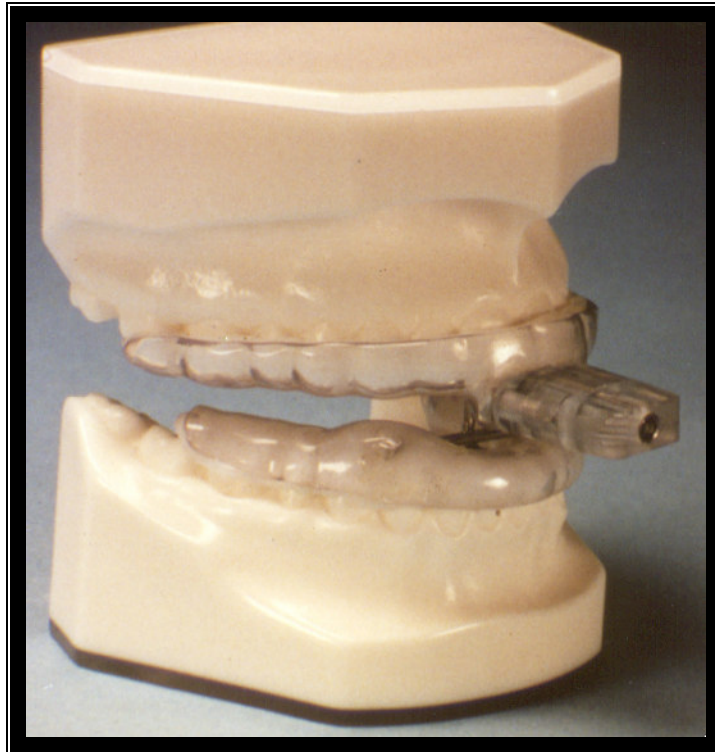


TRD
(Tongue Retaining Device)

Definitive Oral Appliances

Mandibular Repositioning Device
(MRD)

A Thermoplastic Lined Serially
Adjustable, While Intra-Oral, Appliance



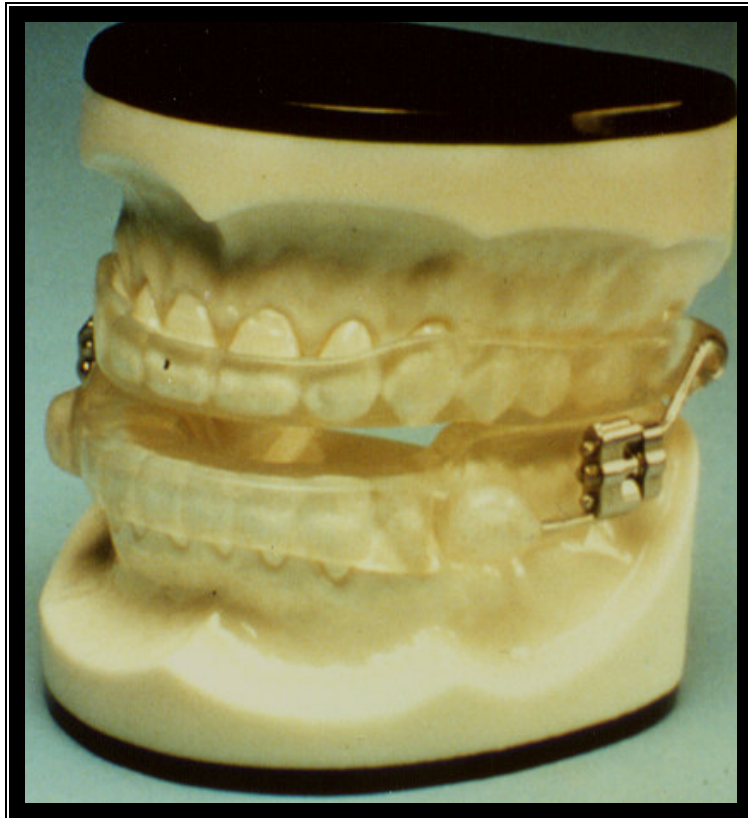
TAP
(Thornton Adjustable Positioner)

Definitive Oral Appliances

Mandibular Repositioning Device

(MRD)

A Serially Adjustable Thermoplastic
Type of Appliance

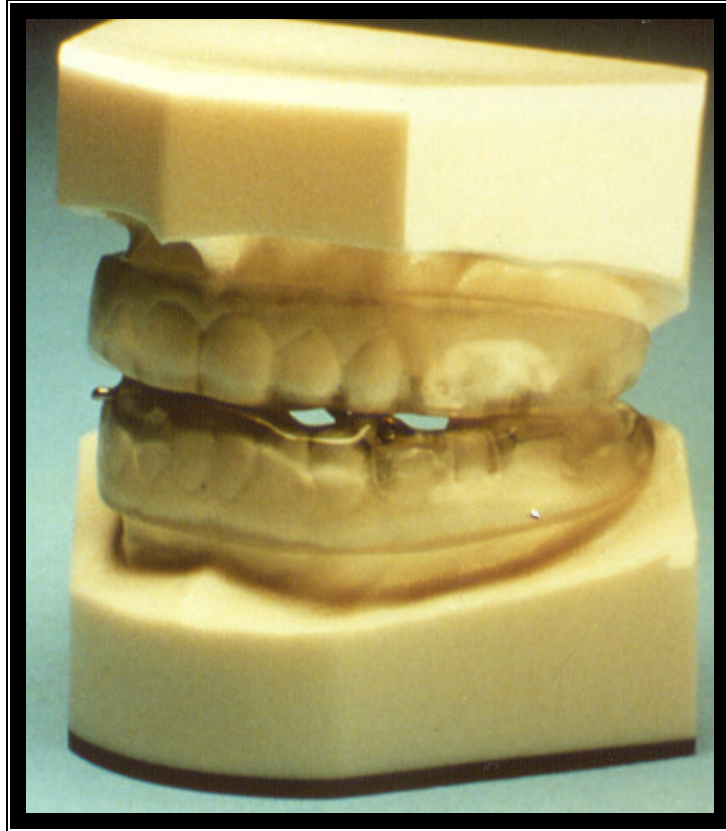


**Adjustable PM Positioner
(Parker Mandibular Positioner)**

Definitive Oral Appliances

Mandibular Repositioning Device
(MRD)

A Serially Adjustable Thermoplastic
Type of Appliance



Klearway

Definitive Oral Appliances

**Mandibular Repositioning Device
(MRD)**

**A Non-Adjustable Appliance that
Provides for Oral Delivery of Air
For Either CPAP or BIPAP**



**OPAP
(Oral Positive Airway Pressure)**