

# Dr. Tran Miller, DMD

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## What to expect

We wanted to take this time to explain the new advances in health care where the medical and dental fields are collaborating together to allow patients to lead a healthy, high quality lifestyle in the field of sleep.

Sleep Apnea was first observed and recorded in 1836 by Charles Dickens. In 1965, physicians in Europe began their research studies and revealed the true effects of sleep apnea and its link to high blood pressure, diabetes, increased stroke and heart failure risks, depression and overall well being. It wasn't until 1981 when the first treatment for sleep apnea was created by an Australian physician- the CPAP (continuous positive airway pressure). Relatively speaking sleep apnea is in its toddler years in medicine. In 1997, the FDA approved oral appliances for the management of sleep apnea- who better to do this, than your dentist.

During our evaluation and consultation appointment we will review your medical history, do a thorough evaluation of your head, neck and airway, and obtain any pertinent information from your primary care provider, cardiologist, sleep physician, or any other provider that you see to determine if you will be a good candidate for continuous open airway therapy (COAT) by the use of an oral appliance. At the appointment, we will explain if you are at risk for sleep apnea, what oral appliances are all about and how it can help manage your disorder. If you are already a CPAP user and can't tolerate it, we will discuss how an oral appliance can help you. The ways we help you with your sleep disorder is by working with YOU for the best results and sleep that you deserve. During this journey expect thorough examinations, consultations, multiple follow up appointments and possible referrals to other specialist. We encourage questions and feedback!

In this packet, you will find forms to fill out before your appointment and brochures to read. You can also go to our website at [www.mybenddentist.com](http://www.mybenddentist.com) , click on sleep apnea treatment for additional information. We ask that you email, fax, or drop off the forms before your visit so that we can review the information ahead of time to maximize your appointment time. If you have had a previous sleep test, you can contact the sleep lab and have them fax it to us at 541-389-1114.

As a courtesy, we will contact your medical insurance and pre-authorize your visits and proposed treatment. Please keep in mind that we are out of network durable medical equipment providers with your insurance company, however we will bill them for your convenience. If you have any questions, please do not hesitate to ask.

Sincerely,

Tran Miller, DMD