

Penticton, BC Dentist Speaks Out on the Dangers of Snoring and Untreated Sleep Apnea

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Dr. Eric Ruby speaks out about the dangers of snoring and untreated sleep apnea

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[Dr. Eric Ruby](#), D.D.S., educates his patients daily on the severity of proper sleep health and the consequences of untreated [sleep apnea](#). On March 19, Dr. Ruby is sharing his information outside of his practice and with local community members by

organizing a community medical discussion on The Dangers of Snoring and Untreated Sleep Apnea. The event is free to the public and will be held at the Shatford Centre Okanagan School of the Arts, located at 760 Main Street, Penticton, B.C. at 7:00 p.m.

[WEBMD](#) describes symptoms of sleep apnea as “waking with an un-refreshed feeling after sleep, having problems with memory and/or concentration, feeling tired, experiencing personality changes, headaches, heartburn, a sour taste in the mouth at night, legs swelling, getting up during the night to urinate, and sweating or chest pain while sleeping.” Medical research has also recently linked untreated sleep apnea to larger health issues such as cancer, type 2 diabetes, heart disease and fatality.

“Understanding the medical ramification of what happens to people’s health when they live with untreated sleep apnea, drives me to share sleep information with everyone around me,” said Dr. Ruby.

Treating sleep apnea has many benefits that range from the obvious cardiovascular ones to the less obvious benefit of relief for second-hand snoring sufferers. This condition impacts the bedtime partner of a person with sleep apnea. The partner simultaneously experiences sleep deprivation due to the partner’s loud snoring and choking sounds at night. Dr. Ruby added, “It’s very rewarding when patients come into my office and thank me for changing their lives.”

Dr. Ruby brings relief to Canadians suffering from sleep apnea through oral appliance therapy (OAT). He offers OAT through creating a custom fabricated mouth piece that is similar to a retainer. The mouth piece works by repositioning the jaw and pushing the tongue forward to keep the airway open. “The oral appliance is a terrific treatment option for patients with mild to moderate obstructive sleep apnea and for those who are unable to wear their Continuous Positive Airway Pressure (CPAP).

To learn more information or to schedule a free consultation, call 250-493-9224 or visit www.pentictondental.com. To find out if you are at risk for having sleep apnea, take a quick, five minute, preliminary evaluation at www.SleepTest.com.

ABOUT DR. RUBY – Dr. Eric Ruby has been practicing dentistry for over 30 years with a special interest in TMD treatment for 25 years. He received his Doctor of Dental Surgery degree from McGill University in Montreal. Dr. Ruby is a member of the International College of Cranio-Mandibular Orthopedics, The International Association of Orthodontics, and the South Okanagan Orthodontic Study Club. Dr. Ruby has also taken advanced training in Sleep Dentistry.

ABOUT SLEEPTTEST.COM - SleepTest.com is an online resource dedicated to educating the public on the dangers of untreated sleep apnea

and treatment options. The goal is to offer a free preliminary online screening that can help identify people who may be at risk for this sleep disorder. The sleep test evaluation is quick and easy, and can be completed in about 5 minutes.

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