

San Francisco Sedation Dentist Recognizes Sleep Apnea Awareness Day in April

April 5, 2013



SAN FRANCISCO, CALIFORNIA

([RPRN](#)) 04/05/13 —

Approximately 18 million people in the U.S. have signs of obstructive sleep apnea. OSA sufferers often snore, and they also frequently awaken choking for breath. To raise awareness about OSA, Wake Up to Sleep

and the American Sleep Apnea Association organized [Sleep Apnea Awareness Day](#) on April 18.

On April 18 interested patients can watch the “Faces of Sleep Apnea” video on the Wake Up to Sleep website. Patients can add their personal OSA stories to the narrative. The video attempts to raise OSA awareness and to show sufferers they are not alone. Modern [neuromuscular dentistry](#) helps patients reach their ideal jaw position, and this position may lessen their symptoms of OSA. [San Francisco sedation dentist](#) Greg D. Larson, DDS, inspects patients for signs of apnea, and his dental team has experience treating the disorder.

Common Effects of OSA

OSA occurs when a patient’s upper airway is blocked during sleep; this blockage inhibits their breathing and causes them to wake. The throat muscles or the tongue usually block the airway. Patients are fatigued during

the day from their lack of adequate sleep. This fatigue leads to decreased functioning at school or in the office. OSA makes driving a car more dangerous, and it can also cause heart disease, stroke, high blood pressure, concentration problems and even depression. Some patients find OSA puts pressure on their relationships and lowers their libido.

Risk Factors and Treatment

Certain factors may cause or exacerbate OSA, including allergies, being overweight, smoking, drinking alcohol, being older than 40, taking sedatives, having diabetes, having sinus issues or a diverged septum. More men have OSA than women. Patients with large tongues can more easily experience OSA, as can patients with small necks.

[SF cosmetic dentist](#) Larson works with other doctors, including pulmonologists, ENT doctors and physical therapists to determine the right course of action for each OSA patient. Some patients can benefit from an orthotic to wear at night. This two-piece appliance keeps the blocked airway open and allows the patient to breathe naturally.

Learn More

To learn more about Larson Dentistry, visit <http://www.larsondentistry.com/> or contact their office at 415-397-2804.

About Us

The Larson Dentistry team offers extensive dental care for San Francisco patients. Greg D. Larson, DDS, stays current in his field by attending more than 200 hours of continuing education each year and mentoring other dentists worldwide.

© 2013 Sinai Marketing and Greg D. Larson, DDS. Authorization to post is granted, with the stipulation that Sinai Marketing and Greg D. Larson, DDS are credited as sole source. Linking to other sites from this press release is strictly prohibited, with the exception of herein imbedded links.

Media Contact Name: Greg Larson

Media E-mail: larson1@sinaimarketing.com

Media Phone: 415-397-2804

Media Web Address: <http://www.larsondentistry.com/>

About the author:

[San Francisco dentist](#), Dr. Greg Larson provides his patients in *San Francisco cosmetic dentistry* treatments such as Invisalign and [teeth whitening](#). He also offers the residents of San Francisco and San Rafael implant dentistry services.

Filed Under: [Health and Fitness](#), [Lifestyle](#), [PRESS RELEASE](#)

RUSH PR NEWS newswire and press release services at rushprnews.com /
Anne Howard annehowardpublicist.com

Content- Legal Responsibility - All material is copyrighted - You may repost but you MUST link back to the original post on your page and acknowledge Rush PR News as the news source. Rush PR News is not legally and/or morally responsible for content of press releases, opinions expressed or fact-checking.

Rush PR News cannot be held legally responsible for material published and distributed through its newswire service or published in its press-room and therefore cannot be sued for published material. Third-party must be contacted directly to dispute content.

Rush PR News is not the contact for material published.