

Oral Appliance Therapy for OSA: The Facts

Oral appliance therapy (OAT) is a proven treatment for obstructive sleep apnea (OSA) and should be presented as an option to patients seeking therapy for OSA.

OAT is effective

Studies have demonstrated that OAT effectively treats OSA through reduction in apnea-hypopnea index (AHI) and respiratory disturbance index in patients.^{1,2} Studies have demonstrated similar effectiveness between OAT and CPAP, even among patients with moderate-to-severe OSA.³

OAT provides the same short and long-term health benefits as CPAP

- Reduced risk of cardiovascular mortality⁴
- Reduction in blood pressure⁵
- Improved sleep quality⁶
- Reduced daytime sleepiness⁶
- Reduced depression⁷
- Improved driving performance³
- Better quality of life⁸

Patients comply with OAT

CPAP is often prescribed as the first-line therapy for those with OSA; however, about 50% of patients will become non-compliant with their treatment after one year.⁹ Studies have indicated that up to 93% of patients are compliant with OAT.¹⁰

Patients prefer OAT

As many as 81% of patients prefer OAT to CPAP¹¹ because it is effective, easy to use, easy to transport, quiet, comfortable, noninvasive, and less obtrusive.

Qualified dentists (not DME companies) manage OAT

Once prescribed by a physician, oral appliances are provided by a qualified dentist, who is trained in the delivery of oral appliances, as well as the nuances of coordinating treatment for a medical disorder with the diagnosing physician. If patients have a problem with their oral appliance or experience side effects, they simply call their qualified dentist.

Medical insurance covers OAT

Medicare and most major commercial insurers cover OAT.

Begin referring to qualified dentists

OSA should only be treated by qualified dentists who have the necessary training to provide optimal care and know how to communicate with both physicians and patients. Verify that your local dentist is qualified to provide oral appliance therapy on the [Find an AADSM Dentist](http://aadsm.org) web page at aadsm.org, by calling 630-686-9875, or emailing info@aadsm.org.

References:

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