

## Patient Preferred

96% of patients strongly prefer an oral sleep appliance over CPAP and other traditional solutions.<sup>1</sup>

- No machines
- No masks
- No hoses

## Affordable

We accept Medicare and most medical insurance plans. An oral sleep appliance is more affordable and has lower long-term costs than alternative OSA treatments.

## Effective

Most patients who wear an oral sleep appliance experience better quality sleep and improved health benefits as a result.

<sup>1</sup> Based on a ProSomnus Institutional Review Board Study conducted in 2021

**The custom-fit oral sleep appliance is an easy to use, comfortable way to alleviate snoring and symptoms of Obstructive Sleep Apnea (OSA).**



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# Need a Better Night's Sleep?



## JRF

**JENNIFER RUBIN FRISCH, DDS, PC**  
Sleep Apnea and  
Snore Relief Specialist



## Snoring may be a symptom of a bigger problem

More than just a loud and annoying habit, snoring may be symptomatic of a much more serious problem.

Between 10-30% of adults nationwide suffer from a condition called Obstructive Sleep Apnea (OSA), which occurs when the airway at the back of the throat becomes constricted or blocked during sleep. Snoring occurs as the airway narrows and the person fails to get enough oxygen. Breathing disruptions repeatedly interrupt sleep as the throat muscles become engaged and cause gasping, snorting, or choking.

**In addition to daytime drowsiness and irritability, if left untreated OSA can cause:**

- Headaches
- Memory loss
- Weight gain
- Impotence

**People with OSA are also at an increased risk for life-threatening conditions including:**

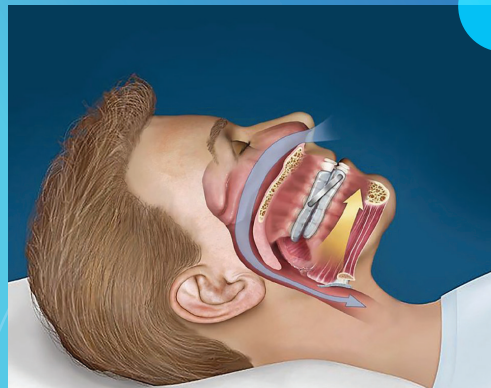
- Cardiovascular diseases
- Metabolic disorders
- Pulmonary hypertension
- Nonalcoholic fatty liver disease
- Anesthesia-related complications during surgery
- Death

## The care team at Jennifer Rubin Frisch, DDS, PC can help

There is good news for those with excessive snoring and Obstructive Sleep Apnea. In partnership with your primary care physician or pulmonologist, Dr. Rubin Frisch can help you understand, screen, and treat your mild to moderate sleep apnea.

As an alternative to noisy CPAP machines, masks, and hoses, you may be a candidate for Oral Appliance Therapy, which is a comfortable and easy-to-use option for a more restful sleep.

An oral sleep appliance is a custom-fit mouth guard that gently holds your lower jaw forward while you are sleeping. This forward position advances your tongue and helps open your airway to reduce snoring and alleviate OSA symptoms.



## How to tell if you snore or have sleep apnea

If you experience any of the following, there's a good chance you snore or have sleep apnea.

- Extreme sleepiness throughout the day
- Feeling lethargic
- Morning headaches
- Dry mouth and/or sore throat in the morning
- Frequent dozing/sleeping while watching TV or during other sedentary activities
- Feeling drowsy while driving

**If you suspect you snore or may be at risk for OSA, contact our care team at (516) 921-6444 to schedule a free consultation.**



### ABOUT

**Jennifer Rubin Frisch, DDS**

Dr. Rubin Frisch has been practicing dentistry for over 27 years. In addition to general dentistry, periodontics, and endodontics, Dr. Rubin Frisch is specially trained in fabricating oral appliances to treat obstructive sleep apnea and snoring. **We accept most insurance plans and are a Medicare-approved durable medical equipment (DME) provider.**