



NEWS RELEASE
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**Improving Health: American Board of Dental Sleep Medicine Diplomate,
Dr. Nazila Doroodian, Treats Sleep Apnea and Snoring**

(Atherton, California) September 2015 – Local dentist Dr. Nazila Doroodian is now helping Bay Area residents get a more restful night’s sleep. Dr. Doroodian recently became an American Board of Dental Sleep Medicine (ABDSM) Diplomate. ABDSM is the board for the leading national organization for dentists who treat snoring and obstructive sleep apnea with oral appliance therapy, an effective alternative treatment to the standard continue positive airway pressure (CPAP) machine. Earning Diplomate status from the ABDSM is a unique honor that recognizes special competency in dental sleep medicine.

“Sleeping with a CPAP machine, which includes a face mask, tubing and a constantly running motor, can be difficult, and many are unaware that an effective – and comfortable – alternative treatment is available,” said Dr. Doroodian. “I’m committed to using my knowledge of dental sleep medicine to help treat my patient’s snoring and sleep apnea, and provide patients with a better night’s rest.”

While CPAP is the standard treatment for sleep apnea, the American Academy of Dental Sleep Medicine estimates up to 50 percent of sleep apnea patients do not comply with or tolerate CPAP. In contrast to a CPAP machine, oral appliances are a mouth guard-like device worn only during sleep to maintain an open, unobstructed airway. Patients like oral appliance therapy because it is comfortable, easy to wear, quiet, portable and easy to care for.

“Oral appliance therapy is an effective treatment option that offers a higher rate of patient compliance than CPAP,” said Dr. Doroodian. “I work with my patients, and their sleep physicians, to identify the right oral appliance device, custom fit devices to each patient and make any needed adjustments to ensure an open airway and a more restful sleep.”

Dr. Doroodian’s practice is located at 3301 El Camino Real, Suite 280, Atherton, CA 94027. Patients with loud snoring and diagnosed sleep apnea sufferers with difficulty tolerating CPAP should contact Dr. Doroodian at 650.562.0590 to schedule a consultation appointment. Dr. Doroodian works closely with sleep physicians to treat snoring and obstructive sleep apnea.

About The American Academy of Dental Sleep Medicine

The American Academy of Dental Sleep Medicine (AADSM) is the only non-profit national professional society dedicated exclusively to the practice of dental sleep medicine. The AADSM provides educational resources for dentists and promotes the use of oral appliance therapy for the treatment of obstructive sleep apnea and sleep-disordered breathing. Established in 1991, the AADSM has nearly 3,000 member dentists worldwide. Visit www.aadsm.org or call the national office at (630) 737-9705 for more information.

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