

Dr. Jonathan A. Parker is a graduate of the University of Minnesota School of Dentistry. From 1983-2000, he provided care in a practice limited to management of TMJ problems, head, neck and facial pain. In 1992, the practice expanded to include treatment of snoring and obstructive sleep apnea. Since 2001, he has focused the practice full-time on dental sleep medicine. He is a Diplomate of the American Board of Dental Sleep Medicine, a charter member of the American Academy of Dental Sleep Medicine (AADSM), the 2003 recipient of the AADSM's prestigious Distinguished Service Award and a Diplomate of the American Board of Orofacial Pain. He is on the staff or a consultant to most of the sleep disorders centers in the Minneapolis-St. Paul area.



Dr. Parker is well known internationally and is regarded as one of the premier lecturers in the United States on the role of the dentist in evaluation and treatment of snoring and sleep apnea using oral appliance therapy.

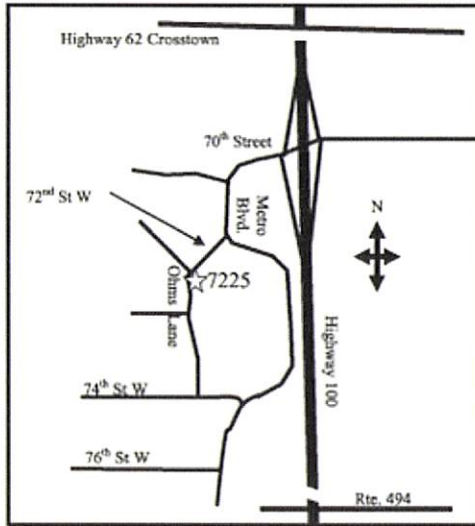


Dr. Jeffrey S. Forslund completed his undergraduate degree from the University of St. Thomas and graduated from the University of Minnesota School of Dentistry in 1988. After graduating, he served 4 years in the Navy and has been with Southern Heights Dental group since 1993. He has been treating snoring and sleep

apnea for the past seven years and joined the Snoring and Sleep Apnea Dental Treatment Center at the beginning of 2015. When asked about his favorite part of dentistry, he responded, "I enjoy all aspects of Family/General Dentistry, but I have a special interest in helping people with sleep apnea. Seeing patients' quality of life improve because they are getting good sleep is very rewarding."

Our Commitment to You

We are committed to providing the finest care available for patients who need oral appliance therapy to manage their snoring and obstructive sleep apnea condition.



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WHAT
A SAFE, EFFECTIVE
YOU
NON-SURGICAL
SHOULD
WAY TO TREAT
KNOW
SNORING &
ABOUT
SLEEP APNEA



who we are

The Snoring and Sleep Apnea Dental Treatment Center was founded in 1991 by Dr. Jonathan Parker. The practice has grown through referrals from health care providers throughout Minnesota. Since its inception, the Center has assisted dentists and physicians by providing accurate, thorough and effective care for patients with snoring and obstructive sleep apnea problems.

Dr. Parker and Dr. Forslund work closely with physicians and sleep disorder centers to coordinate and effectively manage patient care. Individualized treatment plans using oral appliance therapy are utilized to treat snoring and obstructive sleep apnea. The doctors are skilled in the use of many different oral appliances and use their clinical experience to customize the most effective treatment for each patient. Only clinically tested and FDA-accepted appliances are used.



what we do

A thorough history and head, neck and throat evaluation is completed to assess each patient's situation. This information is correlated with testing to establish an accurate diagnosis and determine the appropriate treatment options. Patient care is coordinated with the sleep medicine physician to help resolve the snoring or apnea condition.

We believe our first responsibility is to inform and educate our patients. We review their evaluations and explain the risks, benefits and reasonable expectations of the different treatment options. We guide patients in deciding which oral appliance will be most effective and comfortable for their situation. Then we work closely with the patient for a 3 to 4 month period to ensure the comfort and effectiveness of their treatment. Patients are seen at least once a year to assess their progress. This comprehensive approach is important to achieving a successful treatment outcome.

snoring



- Snoring is a problem affecting 50-67% of adults by the age of 40.
- Conservative estimates suggest 100 million people in the US snore.
- Snoring causes disruptive sleep for both snorers and their sleeping partners and can lead to health problems.

Snoring is the harsh sound that occurs when the tissue at the back of the roof of the mouth vibrates against the back of the throat. During sleep those tissues, the tongue and the muscles that line the airway, all relax. When this occurs, the airway narrows. As air passes through the narrower airway, the tissues vibrate against each other and create the snoring sound that can grow louder during sleep. Snoring may also be an indication of a bigger health problem - sleep apnea.

obstructive sleep apnea



The most common symptoms of obstructive sleep apnea are:

- Loud snoring
- Periodic stoppages of breathing
- Significant daytime sleepiness
- Restless sleep
- Irritability or personality change
- Difficulty concentrating and poor memory

Obstructive sleep apnea (OSA) is a condition in which the soft tissues at the back of the throat completely close off the airway so that air cannot flow into the lungs. This airway blockage can reduce the amount of oxygen reaching the brain and body. When that happens, the brain alerts the airway muscles to tighten up and unblock the air passage. This leads to a process of blocking and unblocking the airway and causes significant disruption of sleep. OSA is associated with increased risk of high blood pressure, heart attacks, stroke, obesity, cancer, diabetes, and dementia. It is important to see a physician or sleep disorder specialist if you suspect that you have OSA.

oral appliance therapy



An oral appliance is a small acrylic device that fits over the upper and lower teeth or tongue (similar to an orthodontic retainer or mouth guard). This device slightly advances the lower jaw or tongue, which moves the base of the tongue forward and opens the airway. This improves breathing and reduces snoring and apnea. The appliance is fabricated and customized for each patient by a dentist experienced in the treatment of snoring and obstructive sleep apnea. The appliance is usually well tolerated by patients. This treatment is most effective for people with snoring and mild or moderate obstructive sleep apnea, but certain cases of severe sleep apnea can also be successfully treated.

