

# It's Never Too Late to Get That Renewing Night's Sleep

**"I always thought I was a sound sleeper, until my daughter was visiting me and told me I was snoring. I was shocked!** Then, soon afterwards while at my dental appointment, my dentist mentioned that she was treating snoring and sleep apnea. She said that if I snore, I have a 40-50% chance of having sleep apnea, (that I might stop breathing in my sleep), a condition which effects the whole body in dangerous ways. It can contribute significantly to heart attack and stroke, even Alzheimer's disease. **High blood pressure and diabetes are made significantly worse by sleep apnea so I was especially concerned, as both conditions run in my family.** I told my dentist about my snoring. She performed a very easy exam and expressed concern about what she saw. She said, 'Let's screen you to make sure you are only snoring. We can have you do a simple, FDA approved home sleep study with our monitor tonight. We will collaborate with a Board Certified Sleep Physician to get a diagnosis and referral.'

I was happy to do the test because I wanted her to help me stop snoring and because I have great respect for Dr Samaha's expertise. I never imagined I would ever be diagnosed with sleep apnea. Sure enough, the very next day we had the results and **the Physician who reviewed my test diagnosed me not only with heavy snoring, but moderate to severe sleep apnea! I could not believe it!**

Typically, sleep apnea is treated with a bulky CPAP (a breathing machine). I have friends who have tried them and didn't even want to 'go there'. With a physician referral, Dr Samaha was able to fit me for an oral appliance. **It was so easy to wear, and after that very first night, I awoke in the morning so refreshed and with so much added energy. I was absolutely thrilled!** What a difference - and it lasted all day long. **Imagine, I thought my afternoon fatigue was 'just my age.'**

**At 78, I can't believe how much renewed energy I have!** I have been using my dental appliance nightly, and recently had a follow up sleep-study which showed my snoring and sleep apnea is resolved! **I am so happy and so thankful for my dentist, Dr. Lisa Marie Samaha. She is always on the leading-edge of EVERYthing!"**

Gina  
Potomac Falls, VA



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*Lisa Marie Samaha, DDS*

*Creating Beautiful, Healthy Smiles  
in Hampton Roads since 1982.*

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