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Improving Health: ELMIRA Dentist Offers a Better Night's Sleep
*New American Board of Dental Sleep Medicine Diplomate, Dr. RICHARD DUNN,
Treats Sleep Apnea, Snoring*

(ELMIRA, N.Y.) MAY 23, 2016- Local dentist RICHARD DUNN is now helping ELMIRA, Chemung County and other surrounding residents get a more restful night's sleep. Dr. DUNN of CHEMUNG FAMILY DENTAL PLLC is 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 continuous 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 people are unaware that an effective-and comfortable-alternative treatment is available," said Dr. DUNN. "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 sleep."

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 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. DUNN. "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."

Patients with loud snoring and diagnosed sleep apnea sufferers with difficulty tolerating CPAP should contact Dr. DUNN at 607-734-2045 to schedule a consultation appointment.

About RICHARD DUNN

Dr. DUNN is an American Board of Dental Sleep Medicine Diplomate. He received his dental education from New York University College of Dentistry and a M.S. from Roswell Park Memorial Institute in Head and Neck Cancer. He was awarded Fellowship in the American College of Dentists in 2002. Dr. Dunn is past President of the Sixth District Dental Society of the State of New York and the Chemung County Dental Society and was director of The Southern Tier Implant Study Club. He is a member of the American and New York State Dental Associations, American Academy of Dental Sleep Medicine, American Thoracic Society(ATS), Academy of Osseointegration, "Who's Who", and the Pierre Fauchard Academy-an International Dental Honor Organization. Dr. Dunn presently serves as Chairman of the Sixth District Dental Society's Malpractice Claims Committee.

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