

## TMJ/Jaw Joint Pain

If you suffer from chronic headaches, neck aches, earaches, shoulder and back pain, the cause of these symptoms may be a TMJ or a jaw joint issue. Our office is focused on diagnosing and treating TMJ. We will work closely with you to make sure your nighttime appliance is fitted properly to manage any TMJ problems. These considerations are also important to take into account when treating sleep disorders.



## Dental/Medical Connection

Dentistry plays a vital role in finding relief for OSA sufferers. A well-trained sleep dentist, when working with physicians becomes a valuable member of the sleep team. Dr. Bouzis has completed extensive training in treating snoring and sleep apnea. Our trained and professional staff has the experience necessary to provide solutions in treating your OSA in a cost effective, non-invasive manner.



Dr. John L. Bouzis has been serving the Casper and surrounding communities since 1975. His post graduate courses include TMJ disorder, snoring and mild to moderate sleep apnea.

With advanced training of over 1,200 hours, he is qualified and trained by recognized authorities in these fields.

He graduated from Creighton University in 1975 and has a Family and General Dentistry, Cosmetic and Orthodontic practice.

His philosophy of treatment is a conservative approach with referrals to physicians as needed. Patients benefit from the custom airway sleep and jaw joint appliances the office delivers. State-of-the art equipment available includes digital sonography, electromyography, computerized jaw tracking, lasers, ultrasound and electrogalvanic stimulation.

Patient relationships are a priority in this office. Their relationships are based on mutual trust, excellent customer service and the best personalized care available.

A few of his professional memberships include the following:

- Fellow-International College of CranioMandibular Orthopedics
- American Headache Society
- International Association for Orthodontics
- Academy of General Dentistry



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## What is OSA?

Obstructive Sleep Apnea (OSA) is comprised of several sleep disorders associated with the blocking of airflow to the lungs. The obstruction can lead to snoring or a more serious health concern when a lack of oxygen triggers momentary arousal at night caused by the struggle to breath. OSA is a serious condition and when left untreated the consequences can be life-threatening. Without being tested it is not possible to determine if one has the milder snoring issues or the more dangerous obstructive sleep apnea. Those patients suffering from snoring or OSA can often find relief with an oral appliance that is delivered and maintained by a specifically trained dentist.



## Patients Suffering from OSA

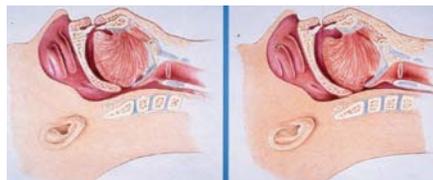
Those individuals suffering from OSA may experience a history of or mild to moderate symptoms that include:

- Chronic Sleepiness
- Depression
- TMJ soreness upon waking
- Strokes
- Headaches
- Heart Disease
- Restless and interrupted sleep accompanied with gasping and struggling to breath.

For many suffering from OSA and snoring, a complete dental examination and history can identify the right form of treatment and appliance.

Together we will assess the following:

- Complete medical/dental history
- Soft tissue/intra-oral assessment
- Periodontal evaluation
- TMJ/occlusal exam & restoration
- Intra-oral habit assessment
- Examination of teeth
- Dental x-rays as needed
- Diagnostic molds of teeth



## Treatment

Oral appliance therapy is a highly effective solution for the majority of OSA sufferers when the preferred treatment of CPAP and surgery are not options. It has a high level of patient acceptance and compliance as well as treatment efficacy. It's been backed by a large body of clinical research. Our office has specific training in fitting and maintaining oral appliances; our preference being SomnoDent and Thornton Adjustable Positioner (TAP).

### SomnoDent

The SomnoDent is very comfortable and easy to wear. The SomnoDent is a Mandibular Advancement Splint that treats all levels of OSA by moving the lower jaw slightly forward.



This appliance uses the smallest amount of material to reduce bulkiness in the mouth and still allow the patient to speak and drink normally. It's one of the top rated oral appliances used to treat OSA thanks to its durability, features and benefits that include:

- Unrestricted tongue space
- Complete lip-seal
- Custom-fitted
- Easily adjustable.

### Thornton Adjustable Positioner (TAP)

The TAP was designed on the same principal as CPR. The airway must be opened to allow air to pass through the throat. When an airway is collapsed it causes snoring or sleep apnea.

A TAP holds the lower jaw in a forward position so that it does not fall open during the night and causes the airway to collapse and be blocked.

Patients with sleep apnea and snoring that were treated with a TAP saw a 96% success rate.

*Comfortable & easy to wear*

*Custom-made to prevent any change in bite or teeth position*

*Easy to adjust for maximum comfort & effectiveness*

The TAP was designed with the latest and most advanced dental technology to reduce sleep apnea and snoring without the need for surgery or medications. Another appliance designed to improve your quality of health and life.

