



Dr Tony's Story & Specialties

How PTSD is worsened with Snoring/Sleep Apnea

You know, when I was a child living at home, my dad had severe sleep apnea with snoring. Of, course at that time it was never recognized as sleep apnea, they just thought snoring was snoring. He worked hard, often outside in the winter with minus 30 degrees Fahrenheit. Wind chills were not used at that time. I remember one night I was awakened when I heard him snoring so loud, I thought there was a bear in the house. After a long day, he would push back into a recliner chair. He'd fall asleep and I'd notice he'd actually stop breathing between the snores. That was alarming as a child to see your dad stop breathing. The brain is being deprived of oxygen.

If you are on more than one blood pressure medication you most likely have sleep apnea. As the brain is being oxygen deprived, it demands most blood pressure to deliver oxygen to itself over and above the effects of the prescription medication. My dad had sleep apnea all his life. He was put on blood pressure medication. Even though he later had a stroke in his sleep caused by snoring/sleep apnea

Panic and anxiety (PTSD) is increased by low brain oxygen. Would you not panic if you were suffocating while being awake or asleep? This emotion is controlled in the brain. Prescriptions can help control the brain chemistry, but will not give the brain more oxygen. This is where a dentist, who makes a sleep apnea device, can help the brain have more oxygen while sleeping all night without the brain panicking about not enough oxygen. Brain cells die within minutes without oxygen.

50 years ago, medicine did not take snoring or sleep apnea seriously.

It is too late to help my dad. As a dentist, I can help people live 5-15 longer, with a dental sleep apnea device.

SPECIALTIES:

**PAIN MANAGEMENT,
TMJ RADIOLOGY, MYOFASCIAL PAIN TREATMENT,
PHARMACOLOGY OF PAIN MANAGEMENT,
ADVANCED CARDIAC LIFE SUPPORT**