

## THE SLEEP APNEA & FACIAL PAIN CENTER

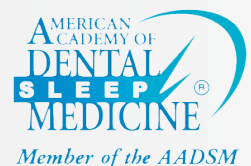
At the Sleep Apnea and Facial Pain Center we understand the impact of restful sleep - how Sleep Apnea and TMJ disorders are strongly interrelated - and we offer solutions and hope. By providing caring, compassionate and comprehensive treatment for snoring, obstructive sleep apnea and associated TMJ disorders, we can help your patients feel well again. We believe our most important job is to find effective, comfortable and comprehensive solutions for our patients by working together with their local doctors and then together, develop a treatment solution that specifically meets their needs. Our office offers some of the most convenient and effective treatment options available today, especially for those patients who are non-CPAP compliant or who have had trouble adjusting to the CPAP machine. Our goal is to treat the many sleep apnea challenges together as a community, and with your help, we can make this effort a reality.

Dr. Jeffery Doneskey received his D.M.D. from the University of British Columbia School of Dentistry in 1987, after which he established his own dental practice focusing on comprehensive restorative dentistry and the treatment of TMJ disorders. He then went onto complete his advanced training in Oral Medicine, earning a specialty in Oral Medicine at the University of Washington School of Dentistry while concurrently completing an independent two-year fellowship in Oral Oncology at the prestigious Fred Hutchinson Cancer Research Center.

Dr. Doneskey is a member of numerous local and national professional organizations including the American Academy of Oral Medicine, American Academy of Orofacial Pain, American Academy of Dental Sleep Medicine, American Dental Association, Washington State Dental Association, and the Seattle King County Dental Society. Currently, Dr. Doneskey has staff privileges at Overlake Hospital Medical Center and Evergreen Hospital Medical Center.



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## Oral Appliance for Sleep Apnea and TMJ Developed by Local Doctor

Today, around one in fifteen Americans experience obstructive sleep apnea, a sleep disorder in which the patient's airways are almost completely blocked and his or her breathing stops, causing the body to repeatedly wake them up to gasp for air. The most common treatment for obstructive sleep apnea (OSA) involves the use of a medical breathing device: continuous positive airway pressure (CPAP) therapy.

While CPAP can be an effective solution, some people may be unwilling or unable to use CPAP therapy. Many patients who are restless sleepers often report difficulty getting comfortable and keeping the mask on throughout the night. Others may experience trouble maintaining a seal around the mask, and must resort to using head straps to keep their mouth closed. Some patients also experience lifestyle concerns such as traveling with the CPAP device. A large number of patients do not use their CPAP as their doctor prescribes, which may greatly impact their quality of life and overall health.

At the Sleep Apnea and Facial Pain Center, Dr. Doneskey reports high levels of patient satisfaction and compliance with a new oral appliance named The SilentPartner™, a device Doneskey himself developed. The SilentPartner™ is a comfortable and fully adjustable mouth appliance that allows the jaw to be safely placed in the optimum position for airflow. The device also eliminates snoring in most patients.

This oral medical device is also an effective solution for those suffering with TMJ disorders such as jaw locking and popping, and is one of the only devices that can treat both jaw disorders and sleep apnea. OSA related night time teeth clenching often contributes to heavy wear on the patient's lower front teeth. Doneskey says that more than 95% of his patients over the last five years have been able to use The SilentPartner™ on a full time basis. Doneskey's role as a specialist in Oral Medicine is to work cooperatively with the medical community to help identify sleep disorders and manage obstructive sleep apnea through caring and effective collaborative therapy. The SilentPartner™ is a jaw-friendly oral airway dilator, eliminating snoring while protecting the patient's teeth. While there are no perfect solutions, the team at The Sleep Apnea and Facial Pain center work hard to provide patients with a chance to achieve a good night's sleep through the use of a comfortable oral device.

The SilentPartner™ is used to effectively treat:

- Snoring
- Obstructive sleep apnea
- Patients who cannot use CPAP
- TMJ clicking & locking
- Classic TMJ disorders.



Dr. Doneskey is excited to announce that he will be offering a home sleep study! The device is called WatchPAT and it is the only sleep unit that stages sleep and records true sleep time. It is also the easiest sleep testing device to use...it does not require a nasal breathing monitor...it does not require an abdominal monitor as in the apnea link device (most popular). It also records sleep positions / light sleep / deep sleep / and REM sleep. In fact, a patient does not even have to turn it off in the morning...because it knows when you are not sleeping.

To Refer to Dr. Doneskey  
See Enclosed Referral Form