

Keep Your Teeth...I Don't Want Them

- Electric Toothbrush & Floss
- Waterpik

- Fluoride Mouthrinse at Night

- Biotene Oral Balance Gel

- IceBreakers Ice Cubes sugar free gum

- REGULAR checkups at the dentist
- WHEN you eat SUGAR causes cavities, not HOW MUCH
- WATER should be the last thing in your mouth after eating

Sleep Apnea & CPAP Alternatives

- Sleep Apnea is a terminal disease

- Untreated, it will DOUBLE your health care costs and DOUBLE your number of doctor visits

- Treatment options are:
 - PAP Therapy = positive airway pressure

 - MAD Therapy = mandibular advancement device

 - Surgery

- No single therapy is best for every patient

- Mandibular Advancement Device: covered by Medical Insurance and Medicare

- Medicare current MAX out of pocket for oral device: \$283