

Dear Dr. _____,

I hope this letter finds you well.

We want to make you aware of our clinic and services for patients that you may be evaluating and treating every day.

At _____, we specialize in evaluating and treating sleep apnea, snoring, bruxism, orofacial/TMJ pain, and migraines.

During our examination, the patient undergoes a neurological and oral exam. If snoring or sleep apnea are a concern, patients will be tested by an overnight bruxism and sleep monitor in their home. This is a Level III sleep testing device and has an EMG monitor for the masseter muscle to record nighttime bruxism activity. If necessary, the study results are read and interpreted by a board certified sleep physician.

If the sleep test results indicate mild to moderate obstructive sleep apnea (OSA) or bruxism, our Nurse Practitioner will diagnose the patient's condition and determine if it's appropriate to be fitted for an oral appliance.

The American Academy of Sleep Medicine considers oral appliances as primary therapy for mild to moderate OSA and secondary therapy for severe OSA if the patient is CPAP intolerant.

In addition, 85% of migraines & TMJ/orofacial pain disorders are muscle related. If you have patients you suspect may suffer from these conditions, please refer them to our team for an evaluation. We will determine if trigger point therapy along with Botulinum Toxin A (Botox/Xeomin) injections are appropriate. Since Botulinum Toxin A reduces the strength of targeted muscle, it can relieve these type of pain disorders dramatically.

After our assessment and/or treatment, we will provide you with a clinical report and send the patient back to you for continuing dental care.

Please feel free to contact our office at ____-____-_____ if you have any questions. We look forward to working with you.

Sincerely Yours,

Dr. _____

P.S. We recently treated a dentist who had suffered from bruxism and TMJ for over 10 years. After testing, he also had obstructive sleep apnea. After trigger point injections with Botox and a mandibular advancement appliance for his obstructive sleep apnea, his pain disappeared for the first time in 10 years. We are here to help you and your patients.

Provided by:

