

# DNA and MRNA Appliance Therapy

Sleep apnea is a potentially life-threatening condition. Most people will tell you that there is no cure for sleep apnea, that the only solution is a lifelong course of treatment either with CPAP or with an oral appliance. However the DNA Appliance offers the opportunity for a cure. By reshaping your jaw, the DNA Appliance can open your airway and eliminate your breathing problems during sleep.

If you would like to learn more about this exciting alternative to lifelong treatment for sleep apnea, please call [734-429-7460](tel:734-429-7460) today for an appointment with a [Dr. Pomerance](#), a sleep dentist at [Pomerance Integrative Dental Care](#).

## The Origins of Sleep Apnea and the Rationale for a Cure

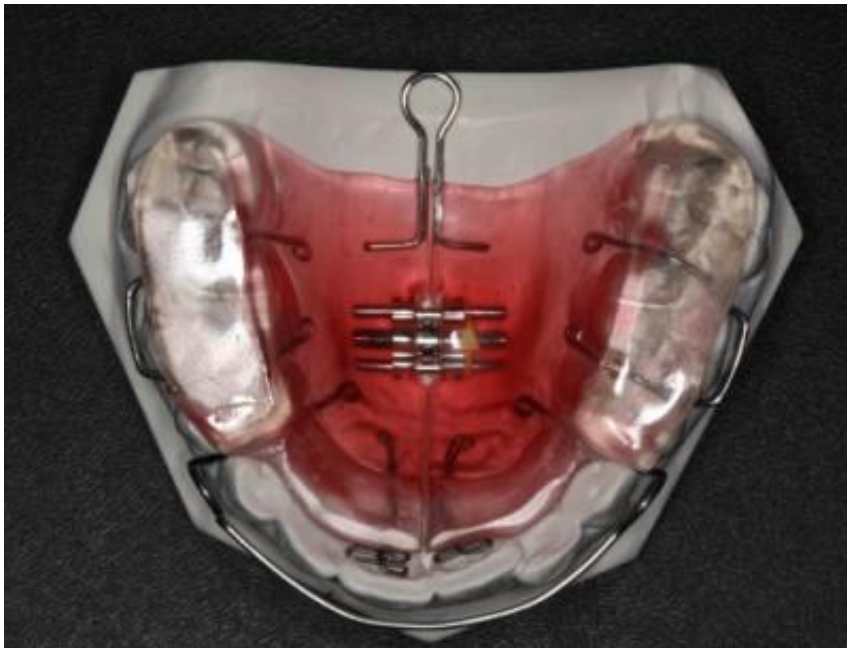
[Sleep apnea](#) occurs because our airway lacks depth and tends to collapse at night. There are many factors that contribute to this risk. Our airway is more likely to collapse if we are overweight: fat in the throat and tongue crowd the airway. A lack of muscle tone in the throat also means there's less support for the throat when we sleep.

Adaptations for speech and upright posture also contribute to less depth in the airway. Smaller jaws make it easier for us to control the sounds we produce, but they lead to a flatter airway. A descended larynx gives a resonance chamber in the upper throat, but it moves the supporting hyoid bone further down so there's a long section where the airway is supported only by the jaw. And upright posture requires a basically 90° turn in our airway, which makes it more easily blocked.

All of these inherent risks for airway collapse become even worse because most of our jaws don't develop to the extent that they should. When we are children, airborne allergens irritate the adenoids, structures like your tonsils at the back of your nasal airway. Swollen adenoids block the nose and lead to mouth breathing. Combine this tongue ties, bottle feeding and the consumption of a soft diet of refined food, and most people don't develop their jaw to its full genetic potential.

How do you know if your jaw isn't fully developed? Crowded teeth and needing your wisdom teeth extracted are two clear signs your jaw hasn't fully developed. There are also actual metrics that tell us how much more space you need inside of your face.

## How the DNA Appliance Can Cure Sleep Apnea



The natural solution to the problems of snoring and sleep apnea is just to expand the airway. And that's what the DNA Appliance does. The DNA Appliance stimulates the body's natural growth mechanisms to expand the airway.

The DNA Appliance stimulates your genes by applying constant force to the teeth. This is similar to the mechanism used by braces and other

orthodontics, but there are two differences. First, the DNA Appliance applies force not just to move your teeth, but also to expand your jaw. Second, it doesn't rely on bracket bonded to your teeth that you have on all day. You just wear the DNA Appliance in the evening and overnight.

### Is the DNA Appliance Right for You?

The DNA Appliance isn't the right treatment solution for everyone. The advantage of the DNA Appliance is that it can be a cure: you might not need any additional sleep apnea treatment for the rest of your life.

But not everyone gets a full cure with treatment. And the DNA Appliance is relatively expensive compared to more traditional oral appliance therapy. CPAP (continuous positive airway pressure) is a lifelong treatment that many people find difficult or uncomfortable to use. The majority of CPAP users don't stick to the treatment and end up with untreated sleep apnea.

You might also consider surgery for your snoring or sleep apnea. Airway surgery comes with typical surgical risks: missed work, downtime, painful recovery, and serious complications. Surgical risks are higher for people with sleep apnea due to cardiovascular conditions. Surgery is also usually more expensive than treatment with the DNA Appliance, and the success rate is lower.

During your consultation, we'll talk about these treatment options and help you find the one that's best for you. To schedule a consultation with a Dr. Pomerance at Pomerance Integrative Dental Care please call [\(734\) 429-7460](tel:7344297460) today.

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## Contact Us

- How Can We Help?\*



- Full Name\*

 First

- Email\*
- Best Phone Number\*

- Preferred Callback Time

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