

# MINNESOTA HEAD & NECK PAIN CLINIC

The Minnesota Head & Neck Pain Clinic, founded in 1985, offers a distinctly different philosophy of care. This clinic is one of the first to offer a multispecialty and interdisciplinary approach to the diagnosis and management of TMJ disorders, orofacial pain, neck pain and the persistent, excruciating pain associated with headaches. We also treat obstructive sleep apnea and snoring with the use of oral appliances.

A dedicated team of health care professionals from the fields of medicine, dentistry, psychology, and physical therapy develop individualized treatment programs for every patient.

## **Burnsville**

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625 E. Nicollet Blvd., Suite 255  
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## **Plymouth**

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## **St. Paul**

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[WWW.MHNPC.COM](http://WWW.MHNPC.COM)

Providing relief for snoring and  
sleep apnea through continuous  
open airway therapy



# MINNESOTA HEAD & NECK PAIN CLINIC

The Minnesota Head & Neck Pain Clinic offers consultation, diagnosis and treatment in a caring and safe environment.

## BACKGROUND

Snoring is a common warning sign for obstructive sleep apnea. Obstructive sleep apnea **affects 1 in every 5 Americans** and is a common and serious sleep disorder that causes you to stop breathing during sleep.

For snoring and obstructive sleep apnea (OSA). A custom-fit oral sleep appliance can improve your sleep, restore your alertness and revitalize your health. Here is a guide to help you get started with this life-changing treatment.



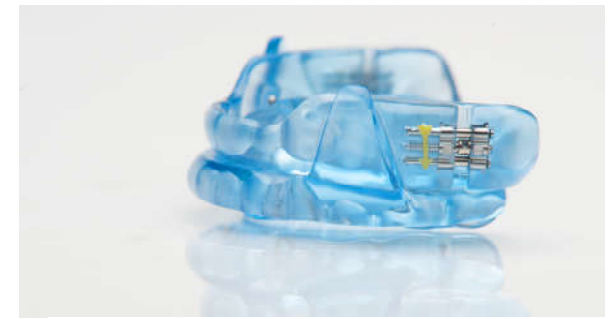
## WE OFFER CONSULTATION FOR...

### About oral appliance therapy:

Worn only during sleep, an oral appliance fits like a sports mouth guard or an orthodontic retainer. It supports the jaw in a forward position to help maintain an open upper airway. Research shows that oral appliance therapy is an effective treatment option for snoring and obstructive sleep apnea.

### Untreated sleep apnea increases your risk for:

- stroke by 60%
- hypertension by 40%
- Coronary artery disease by 30%
- Congestive heart failure by 140%
- Mood disturbance by 19%



### Oral appliances are:

- Discreet and silent
- Allow a comfortable, customized-fit CPAP alternative
- Are clinically proven and are easy to wear and adjust
- Are easy to travel with and don't require electricity
- A full lip seal, ability to speak and drink while wearing

Obstructive Sleep Apnea (OSA) is a medical condition, so medical insurance, including Medicare, (not dental insurance) is used to cover the cost of your oral device.

**For further information on the services or programs we offer, please contact us at:**

**Burnsville: (952) 892-6222**

**St. Paul: (651) 332-7474**

**Plymouth: (763) 577-2484**

**St. Cloud outreach (763) 577-2484**