



EXPLORE  
NEW POSSIBILITIES

TREATING  
SNORING AND  
SLEEP APNOEA  
HAS CHANGED  
FOREVER

Introducing the Oventus *O<sub>2</sub>Vent™*, a custom made, comfortable oral appliance with a unique airway design for the treatment of snoring and Obstructive Sleep Apnoea (OSA). It may be particularly helpful to people suffering from nasal obstruction or those that cannot tolerate Continuous Positive Airway Pressure (CPAP) therapy.



# ARE YOU AT RISK FOR SLEEP DISORDERED BREATHING?

- ? **Have you been told that you snore?**
- ? **Do you often wake up tired or unrefreshed?**
- ? **Do you suffer from excessive daytime sleepiness?**
- ? **Do you wake up choking or gasping for air?**
- ? **Do you have trouble with concentration/memory?**

IF YOU  
ANSWERED **YES**  
TO ANY OF THESE  
QUESTIONS,  
YOU MAY BE  
AT RISK!



# HOW CAN SLEEP-DISORDERED BREATHING BE TREATED?

There are many treatments available for people with sleep-disordered breathing and treatment will depend on the severity of the disorder.

A popular and effective option is using an oral appliance that positions the bottom jaw forward, which also brings the tongue forward to open the airway.

Others may need a Continuous Positive Airway Pressure (CPAP) machine for effective treatment.

**Oral appliances have potential advantages over CPAP for some patients.**

## ***O<sub>2</sub>VENT™* ADVANTAGES INCLUDE:**

- Less obtrusive
- More portable
- Makes no noise
- Are not reliant on a power source
- Are often more acceptable to the patient and family members.

Recent studies have shown that oral appliances and CPAP have similar long term health outcomes<sup>4</sup>.

The recent Oventus clinical trial showed that 100% of patients experienced a significant reduction in snoring and an improvement in AHI (Apnoea Hypopnea Index) with 82% of patients eliminating snoring completely and 76% of patients reducing their AHI by more than half<sup>5</sup>.

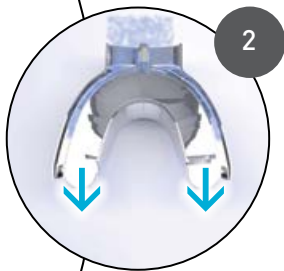
# WHAT MAKES THE *O<sub>2</sub>VENT*<sup>™</sup> DIFFERENT TO OTHER ORAL APPLIANCES?

Like all oral appliances that bring the jaw forward, the *O<sub>2</sub>Vent* stabilises jaw position and brings the tongue forward to reduce airway collapse. What makes the *O<sub>2</sub>Vent* unique is the airway design, allowing for breathing through the device, to bypass obstruction in the nose which can contribute to snoring and sleep apnoea.

## HOW THE *O<sub>2</sub>VENT* WORKS



Lips close around the appliance. Air is drawn into the front of the appliance



Air passes through to the back of the appliance



The appliance advances the mandible, bringing the tongue forward and opening the airway

# WHAT IS SLEEP-DISORDERED BREATHING?

Sleep-disordered breathing is a general term for breathing difficulties that occur during sleep, ranging from frequent loud snoring to obstructive sleep apnoea.

Obstructive Sleep Apnoea (OSA) is a condition where the air passage in the throat becomes blocked during sleep and causes people to stop breathing. Severe sufferers experience hundreds of blockages per night.

## DID YOU KNOW?

40%

of adults snore regularly<sup>1</sup>

1.5m

an estimated 1.5 million Australians suffer from sleep disorders and more than half of these have sleep apnoea<sup>2</sup>

85%

more than 85% of patients with clinically significant OSA have never been diagnosed<sup>3</sup>

## POSSIBLE COMPLICATIONS

Untreated sleep apnoea is a potential risk factor contributing to:

- High blood pressure
- Stroke
- Coronary artery disease
- Type 2 diabetes
- Depression, impotence, mood disorders

Talk to your healthcare practitioner for an assessment.

## References

- 1 Ohayon MM et al. Snoring and breathing pauses during sleep: telephone interview survey of a United Kingdom population sample. *BMJ*. 1997;314:860-3.
- 2 Deloitte Access Economics. Re-awakening Australia: the economic cost of sleep disorders in Australia, 2010. Canberra, Australia.
- 3 Kato M(1), Adachi T, Koshino Y, Somers VK. Obstructive Sleep Apnoea and Cardiovascular Disease. *Circ J*. 2009 Aug;73(8):1363-70. Epub 2009 Jun 30.
- 4 Sutherland et al. Oral Appliance Treatment for Obstructive Sleep Apnoea: An Update. *Journal of Clinical Sleep Medicine*. February 15, 2014.
- 5 Hart C, Lavery D, Czyniewski S, Beer F. Effects of a Novel Mandibular Advancement Device on AHI and Snoring in Patients with Obstructive Sleep Apnea: A Pilot Study. The study has been accepted for publication in the *Journal of Dental Sleep Medicine*. Visit [www.jdsm.org/AcceptedPapers.aspx](http://www.jdsm.org/AcceptedPapers.aspx)

**TAKE  
CONTROL  
AND ENJOY  
RESTFUL  
NIGHTS**

**CALL NOW ON 1300 533 159**

to discuss your suitability for the *O<sub>2</sub>Vent™*  
and to make an appointment with a Dentist.

Or register at [www.oventus.com.au](http://www.oventus.com.au)  
and we will guide you through the process.

