

## Our Doctors



### Nancy Addy, DDS

Dr. Addy is a graduate of UMKC School of Dentistry. After completing a residency program in Advanced Education in General Dentistry, Dr. Addy became an Assistant Professor of General Dentistry at UMKC in addition to maintaining a private practice. Since 1999 she has been treating patients with sleep disorders and in 2008 limited her practice to Dental Sleep Medicine. Dr. Addy has been a member of the American Academy of Dental Sleep Medicine (AADSM) since 1999. In 2006 Dr. Addy became a Diplomate of the American Board of Dental Sleep Medicine (ABDSM) and is currently serving as president of the ABDSM through 2016. Dr. Addy was the 2014 recipient of the AADSM Distinguished Service Award. Dr. Addy regularly presents lectures on oral appliance therapy to local physicians, dentists, and patient groups, in addition to speaking nationally at the Greater New York Dental Conference, the AADSM Annual Conference and the Midwest Dental Conference. Dr. Addy currently serves on the Kansas Peer Review Board, is a certified Lu Jong Yoga instructor and a Johnson County Master Gardener.



### Jarrett Grosdidier, DDS

After graduating from Kansas State University on a football scholarship in 1998, Dr. Grosdidier attended UMKC School of Dentistry from which he graduated with honors. Dr. G, as we call him, has been practicing general dentistry with his partner Dr. Lynne Schopper since 2002. In 2010 Dr. G added Dental Sleep Medicine to his interests and is now a Diplomate of the American Academy of Dental Sleep Medicine. Dr. G is a member of the American Dental Association, Kansas Dental Association, Academy of General Dentistry, American Orthodontic Society, and the International Association of Orthodontics. He has proudly maintained the dental clinic at the Kansas State School for the Blind since 2005. Dr. G takes the time to get to know each of his patients and their individual needs. He is a devoted family man with four active daughters. As a sports enthusiast, he enjoys coaching and often spends weekends on the field.

## Who We Are

### Snoring And Sleep Apnea Dental Treatment Center of Kansas City

is proud to be the only office in our area meeting the highest standards of care by being an Accredited Facility with the American Academy of Dental Sleep Medicine. Dr.'s Addy and Grosdidier are Diplomates of the American Board of Dental Sleep Medicine, and are currently the only office with 2 doctors specializing in Dental Sleep Medicine. Oral appliances can be the first line of treatment for patients with primary snoring, as well as patients with mild to moderate Obstructive Sleep Apnea, or patients intolerant of CPAP therapy.

Dr.'s Addy & Grosdidier are devoted to the well-being of their patients and providing comprehensive care of the highest standard to each and every patient. Dr.'s Addy and Grosdidier are saving lives and marriages every day through their commitment to offer a safe and effective dental option for the treatment of Obstructive Sleep Apnea and Snoring.

### Our Commitment to You

We are COMMITTED to providing the finest care available for patients who need oral appliance therapy to manage their snoring and obstructive sleep.



### SNORING AND SLEEP APNEA Dental Treatment Center of Kansas City

11313 Ash Street  
Leawood, Kansas 66211  
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For additional information,  
please visit us on the web at

[KCSleepApneaDentist.com](http://KCSleepApneaDentist.com)

WHAT  
A SAFE, EFFECTIVE  
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SHOULD  
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SNORING &  
ABOUT  
SLEEP APNEA

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## WHAT WE DO

We assess every patient with a thorough exam including evaluation of each patient's head, neck, airway, teeth, and medical history. This information is correlated with testing to establish an accurate diagnosis and determine the appropriate treatment options. We will coordinate patient care with your physician to help resolve your snoring or apnea condition.

We believe our first responsibility is to **INFORM** and **EDUCATE** our patients. We review the evaluation findings and explain the risks, benefits, and reasonable expectations of the different treatment options with each patient. We guide patients in deciding which oral appliance will be most effective and comfortable for their situation. We work closely with the patients to ensure the comfort and effectiveness of their treatment.

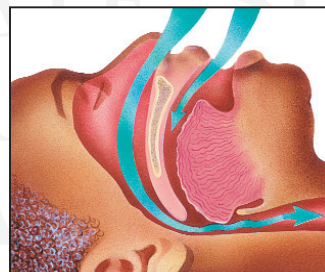
Patients are seen at least once a year to assess their progress.

This comprehensive approach is important to achieving a successful treatment outcome.

## INFORM

## EDUCATE

## SNORING

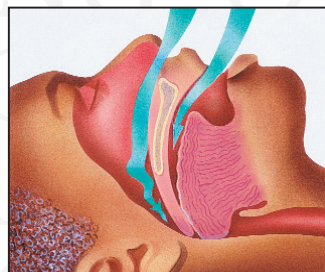


## Snoring

Snoring is a problem that affects 67% of adults by the age of 40. It is conservatively estimated that 100 million people in the United States snore every night. Snoring can cause disrupted sleep for both snorers and their sleeping partners which can lead to health problems.

Snoring is the harsh sound that occurs when the tissue at the back of the roof of the mouth vibrates against the back of the throat. During sleep, these tissues, the tongue, and the muscles that line the airway all relax. When this occurs, the airway narrows. As air passes through this narrowed airway, the tissues vibrate against each other and create the snoring sound that can grow louder during sleep. Snoring may also be an indication of a bigger health problem—sleep apnea.

## APNEA



## Obstructive Sleep Apnea

Obstructive sleep apnea is a condition in which the soft tissues at the back of the throat close the airway so that air cannot flow into the lungs. This airway blockage can reduce the amount of oxygen reaching the brain and body. When a blockage happens, the brain rapidly alerts the body to move to unblock the airway. This blocking and unblocking of the airway causes significant disruption of sleep.

The most common symptoms of obstructive sleep apnea are:

- Loud snoring
- Restless sleep
- Periodic stoppages of breathing
- Irritability or personality change
- Significant daytime sleepiness
- Difficulty concentrating and poor memory

Sleep apnea is a health problem that can be associated with high blood pressure, heart problems, and stroke. It is important for patients to see a physician or a sleep disorder specialist if they are experiencing snoring and daytime sleepiness.

## TREATMENT



## Oral Appliance Therapy

An oral appliance is a small acrylic device that fits over the upper and lower teeth (similar to an orthodontic retainer or mouth guard). The device slightly advances the lower jaw, which moves the base of the tongue forward and opens the airway. This improves breathing and reduces snoring and sleep apnea. We are experienced in the fabrication of custom oral appliances for snoring and obstructive sleep apnea, and post care follow up. This treatment is most effective for people with snoring and/or mild to moderate obstructive sleep apnea, and also for patients who are intolerant of CPAP therapy.