

30

Years of  
Medical  
Experience  
to Help You



WE TREAT YOU FOR:  
✓ CRANIOFACIAL PAIN  
✓ SLEEP APNEA  
✓ SNORING  
THROUGH CONSERVATIVE  
NON-INVASIVE THERAPY

Sleep apnea is a multifactorial sleep disorder that is gaining greater recognition among physicians and the lay public. Stedman's Medical Dictionary defines apnea as the **absence** of **breathing** or the want of breath. Sleep apnea is defined as 30 or more apneic episodes (the cessation of airflow at the **mouth** or nose for more than 10 seconds) occurring during seven hours of nocturnal **sleep**.

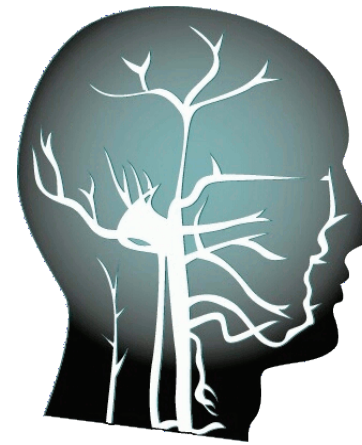
*Apnea severity is usually categorized by the frequency of apnea episodes:*

- ◆ Mild
- ◆ Moderate
- ◆ Severe



Snoring is the vibration of respiratory structures and the resulting sound, due to obstructed air movement during **breathing** while **sleeping**. In some cases the sound may be soft, in others loud and unpleasant. The structures are usually the **uvula** and **soft palate**. The irregular airflow is caused by a blockage and usually due to one of the following:

- ◆ Throat weakness, causing the throat to close during sleep
- ◆ Mispositioned jaw, often caused by tension in the muscles
- ◆ Fat gathering in and around the throat
- ◆ Obstruction in the nasal passageway



# Metropolitan Area Craniofacial Pain Center, P.C.

ISSUE ONE JULY 2008

## Welcome To Our New Facility In Washington, D.C And our satellite office in Leesburg, Virginia

We want to welcome our patients to our new state-of-the art facility located at 1133 20<sup>th</sup> Street, NW. Washington, D.C. , and also inform you that we now have a satellite office located at 230 Fort Evans Rd, NE in Leesburg, VA.

We hope that you will stop in, say hello, and take a peak at our new innovative and spa-like facility.

We have taken every opportunity to make your visits with us a most rewarding and comfortable experience.

We welcome the opportunity to treat you for craniofacial pain, sleep apnea and snoring through conservative non-invasive therapy utilizing oral appliances.

*Dr. Elliot J. Alpher and Team*

**New Diagnostic And Therapeutic Equipment To Better Serve You** such as the K-7 Evaluation System (Diagnostic Scanning), which includes:

- ◆ Jaw Tracking
- ◆ Surface Electromyography
- ◆ Joint Sound/ Vibration Evaluation
- ◆ Low Level Laser Therapy – A form of concentrated light therapy which has been used in the field of physical medicine for over 30 years for joint pain, trigger point activity, and decreased circulation. It is FDA approved for all of the mentioned conditions, and we have had great success with its use.



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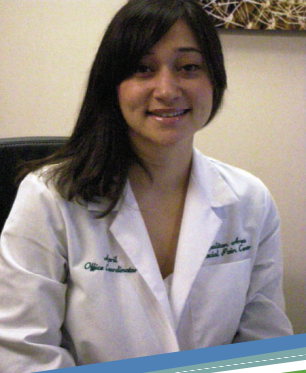
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2&3 OUR TEAM  
MEMBERS

3 6 SELF CARE  
TIPS FOR TMJ

4 DEFINITIONS OF  
SLEEP APNEA  
& SNORING



## Introduction of our Team Members

SOME ARE NEW AND SOME YOU MAY ALREADY BE FAMILIAR WITH. EITHER WAY, WE'RE HAPPY TO HAVE THEIR SKILLS AND EXPERTISE. READ ON TO LEARN MORE ABOUT OUR GREAT TEAM!

### APRIL

The patient coordinator, is our newest member of our team and sits at the front desk.

She is happy to assist you with all appointments, and make sure that you receive the proper paperwork and forms for any insurance reimbursement you may be entitled to. April is a native of Virginia and always displays a happy and helpful attitude.

### ROXANNE

Our myotherapist has been a team member for over eight years. She is well acquainted with most of our continuing care patients, and looks forward to meeting new patients.

Roxanne is highly trained and is responsible for all tomography, scans for craniomandibular treatment (TMJ) and all physical modality treatments.

Roxanne is always a warm and welcoming person, and continues to further educate herself to better serve you.

### LEE

Our administrator for many years; is eager to assist anyone who needs special attention. Lee and the entire team remain loyal, support the center, and are committed to keeping our valued patients happy.

Lee has been working from home over the last several years, but has returned to 'active' duty, and looks forward to seeing all those patients she formerly worked with.

### AMANDA

Our therapeutic massage therapist joined our practice when we opened our new D.C. location.

Amanda is highly trained, and is ready and willing to meet and treat our patients. She has vast experience and expertise, and a calming demeanor which only adds to her high ability level.

Please visit her website:  
[www.amadadonismassage.com](http://www.amadadonismassage.com)

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### SHERRI

A certified clinical thermographer will be joining our practice in August. We are thrilled to welcome her to our team.

Thermography, also known as digital infrared thermal imaging (DITI) is a totally non-invasive clinical imaging procedure that detects thermal differences with the body, which may indicate the presence of disease or physical injury.

Sherri received her certification from Duke University Medical Center and is a member of the American College of Clinical Thermology.

She is currently the Director of the Virginia Rescue Training Center of Leesburg, and is an active member in many other related organizations.

## 6 SELF CARE TIPS FOR TMJ...

**1 Moist Heat:** Moist heat from a heat pack or a hot water bottle wrapped in a warm, moist towel can improve function and reduce pain. Be careful to avoid burning yourself when using heat.

**2 Ice:** Ice packs can decrease inflammation and also numb pain and promote healing. Do not place an ice pack directly on your skin. Keep the pack wrapped in a clean cloth while you are using it. Do not use an ice pack for more than 10 - 15 minutes.

**3 Soft Diet:** Soft or blended foods allow the jaw to rest temporarily. Remember to avoid hard, crunchy, and chewy foods. Do not stretch your mouth to accommodate corn on the cob or whole fruits.

**4 Over-the-Counter Analgesics:** Over-the-counter analgesics are helpful in temporarily reducing pain. Be sure to check with your doctor before taking any kind of medication over any prolonged period of time as indicated on the label.

**5 Jaw Exercises:** Slow, gentle jaw exercises may help increase jaw mobility. Your health care provider or a physical therapist can evaluate your condition and suggest appropriate exercises based on your individual needs.

**6 Relaxation Techniques:** Relaxation and guided imagery can be helpful in dealing with the pain that accompanies TMJ dysfunction. Deep, slow breathing enhances relaxation and modulates pain sensations.

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