

# Dallas Dentist Offers Cutting Edge Procedure To Fight Sleep Apnea

*August 20, 2019*

August 20, 2019 - PRESSADVANTAGE -

Pride Dental, a holistic dentist based in Arlington, Texas, is proud to unveil a new cutting edge procedure that will help their patients deal with sleep apnea. Pride Dental, like other holistic dentists, believes that a person's oral health is interconnected with their overall health. As such, the new procedure is meant to fight sleep apnea while also improving the patient's general health.

Sheila Attar, a representative for Pride Dental, says, "Many people treat snoring as a joke or something to be embarrassed about. But the truth is, loud snoring, especially when it is accompanied by daytime fatigue, could very well be a sign of sleep apnea. While common, sleep apnea has the potential to be fatally dangerous. Our new procedure is meant to offer relief to anyone who has sleep apnea by reducing the severity of the disorder."

Sleep apnea, as Pride Dental states, is a common but serious disorder that causes a person's breathing to continuously stop and start while they sleep. A person who has sleep apnea might not even be aware of these pauses while they sleep, but such interference with a natural sleep rhythm will have a negative effect on their daytime activities. Sleep apnea can lead to the affected individual feeling not quite as energetic, mentally sharp, or productive during the day as they should.

There are three types of sleep apnea. The most common type, obstructive sleep apnea, occurs when the soft tissue in the back of the throat relaxes during sleep and blocks the airway, often causing a person to snore loudly. The second type is known as central sleep apnea. It is less common than the first type and involves the central nervous system, occurring when the brain fails to appropriately signal the muscles that control a person's breathing. People with this type of central sleep apnea seldom snore, unlike those with obstructive sleep apnea. The third type of sleep apnea is a mix of both obstructive sleep apnea and central sleep apnea and is known as complex sleep apnea.

"Since sleep apnea only occurs while you're sleeping, you may only discover you have a problem when someone complains about your snoring," says Attar. "Unfortunately, most people tend to feel self-conscious

or make light of their snoring problems. But it is not something that should be ignored. Sleep apnea can have a serious effect on you and have a negative impact on both your physical and emotional health.?

Attar elaborates that, "Sleep apnea can cause chronic sleep deprivation, which will lead to daytime sleepiness, slow reflexes, poor concentration, and an increased risk of accidents. Sleep apnea can also cause moodiness, an irritable disposition, or even lead to actual depression. It can also result in other serious physical health problems. Anything from diabetes, heart disease, liver problems, weight gain, and more. The point is, you need to treat your sleep apnea. With the new treatment we've developed at Pride Dental in Arlington TX, you can fight sleep apnea. We can help you control your snoring and the symptoms of sleep apnea, get your sleep back on track, and feel refreshed and alert during the day. However, it's not just sleep apnea, either. We are proud to be recognized as the longest-standing biological dental practice in the Arlington region. We can help you with all your dental needs.?"

Pride Dental's claims are backed up by their patients. In a 5-star Google review, Alejandra says, "I love Pride Dental! Dr. Attar and staff are very friendly and professional. Dr. Attar took the time to listen and answer all my questions. I am confident that I am in good hands and I am getting the best dental care. I am thankful to have found Pride Dental and couldn't imagine going anywhere else. Thank you all so much.?"

Those who wish to learn more about Pride Dental and the services they provide may find the necessary information on the clinic's website. In addition to the website, Pride Dental also maintains a presence on Facebook, where they post frequent updates, articles about health/dental and otherwise, and interact with their patients. Additional information can also be found at the following link: Dallas Sleep Apnea Dentist.

###

For more information about Pride Dental, contact the company here: Pride Dental Sheila Attar (817) 461-9998 info@pridedentaloffice.com 1106 W. Randol Mill Road, Suite 100 Arlington, TX 76012

## **Pride Dental**

*At Pride Dental our holistic, biological approach means far more than just being mercury-free, mercury-safe and fluoride-free.*

Website: <https://pridedentaloffice.com/>

Email: [info@pridedentaloffice.com](mailto:info@pridedentaloffice.com)

Phone: (817) 461-9998