

SERVICES

The Gelb Center, praised in trade publications and magazines, is directed by Dr. Michael Gelb. As one of the world's leading experts, he offers a combined seventy-one years of experience in the diagnosis and treatment of TMD (Temporomandibular Disorders) and Orofacial Pain. The Gelb Center differentiates its practice from others by integrating diagnosis and treatment under one roof. Specifically, it has developed a comprehensive on-site program of same day diagnosis, creating and then implementing individualized treatment protocols. Most recently, physical therapy, acupuncture and Oriental medicine services were added to the Center. Once diagnosed, patients are then seen by the appropriate team members: Dr. Harold Gelb, TMJ; Dr. Charles Lennon, Prosthodontist; Dr. Sathya Kallur, Implantologist and Endodontist; Dr. Robert Schulman, Prosthodontist and Jason H. Wallman, Integrated Medical Therapist.

The Gelb Center specializes in the following areas:

TMJ

Tension and Migraine Headaches

Sleep Disorders

Snoring and Sleep Apnea

Earaches and Tenderness

Facial Rejuvenation

Clicking, Grating and Locking of Jaw Joints

Limited Range of Motion with Jaw Opening

Pain Chewing, Talking and Yawning

Uneven Bite and Receding Jaw

Clenching, Grinding and Sleep Bruxism

Unresolved Face, Head and Neck Pain



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Michael L. Gelb, D.D.S., M.S. of New York is one of the world's leading specialists in sleep disorders and orofacial pain, which includes TMJ, snoring and sleep apnea.

He was the director of the TMJ and Orofacial Pain program at NYU where he is currently a clinical professor.

Dr. Gelb has studied breathing related sleep disorders (BRSD), specializing in how they relate to fatigue, focus, pain, and the affects all of these can have on one's performance.

Dr. Gelb received his DDS degree from Columbia University in Boston. He was awarded Diplomat of the American Board of Orofacial Pain in 1995. Dr. Gelb is one of the inventors of the NORAD, or Nocturnal Oral Airway Dilator appliance that reduces snoring by positioning the patient's tongue and jaw so the airways stay open. He has updated the Gelb appliance, named after his father.

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Improving Your Life Through Quality Sleep

SNORING/SLEEP APNEA APPLIANCE



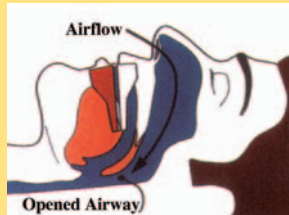
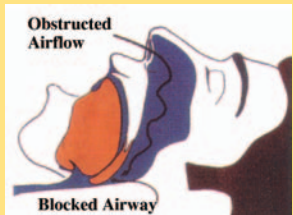
THE GELB CENTER

for CRANIOFACIAL PAIN, SLEEP DISORDERS and COMPREHENSIVE DENTISTRY

INTRODUCTION

Snoring and Sleep Apnea are common conditions in our society today.

They are caused by a narrowing or collapse of the airway during sleep. Snoring or sleep apnea appliances are devices that are worn in the mouth during sleep that are designed to reposition the lower jaw so the airway is supported in such a way that air can flow more freely. This reduces or eliminates snoring and can treat your sleep apnea which then leads to a more quiet, restful night's sleep.



WHAT IS SLEEP APNEA?

Sleep Apnea is estimated to affect 20 million people.

It occurs when the airway becomes completely blocked and air is not able to move through the airway at all. This is more commonly called Obstructive Sleep Apnea because the airway is totally obstructed.

This obstruction may occur anywhere from the area of the soft palate down to below the tongue. When the airway is totally obstructed, the patient will awaken many times during the night with a cough or gasping sound as an attempt is made to restore normal breathing.

THE GELB

SNORING-SLEEP APNEA
APPLIANCE

The Gelb Snoring-Sleep Apnea Appliance is a one piece individually designed oral appliance made of heat cured acrylic polymer which is soft on the inside and comfortable to wear.



It brings the lower jaw forward and prevents it from sliding back and closing off the airway.

CAUSES OF SNORING

70-90 million people are affected by snoring. Snoring can occur when the airway becomes partially blocked during sleep. This may occur more frequently when:

- You sleep on your back
- You are overweight
- You have a large neck size
- The tongue falls back into the throat
- The tonsils and/or adenoids are large
- You mouth breathe during sleep
- You are overly tired
- You eat or drink alcohol too late at night
- You have a cold or are congested

Snoring becomes more common:

- As we get older
- If you are a male
- After menopause
- If you have a small airway (may be genetic)

SYMPTOMS AND SIGNS

The most common symptoms and signs that are associated with Sleep Apnea:

- Snoring
- Non-refreshing sleep
- Daytime fatigue or daytime tiredness
- History of falling asleep driving, watching TV or reading
- Awaken during sleep coughing, choking or gasping
- Morning headaches
- Elevated blood pressure
- Cardiovascular disease

Other commonly occurring findings associated with snoring and Sleep Apnea:

- Gastric reflux or acid reflux with indigestion
- Grinding of the teeth during sleep (Bruxism)
- Diabetes
- Mood swings
- Symptoms of depression and anxiety

THE TAP II

(The Thornton Adjustable Positioner II)

The Thornton Adjustable Positioner II (TAP II) alleviates snoring and sleep apnea by holding the mandible forward during sleep to prevent the tongue and soft tissue of the throat from collapsing into the airway.



The TAP is based on the same principle as cardio-pulmonary resuscitation (CPR). The airway must be opened to allow air to pass through the throat.

The TAP II is a custom-made two-piece appliance that snaps firmly over the upper and lower teeth.