



NEWS RELEASE

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Improving Health: Elmhurst Dentist Offers a Better Night's Sleep

New American Board of Dental Sleep Medicine Diplomate, Dr. Ivan Valcarenghi, Treats Sleep Apnea, Snoring

(ELMHURST, IL) AUGUST, 2019 – Local dentist Ivan Valcarenghi is now helping Elmhurst residents get a more restful night's sleep. Dr. Valcarenghi of Radianté Dental & Facial Spa recently became an American Board of Dental Sleep Medicine (ABDSM) Diplomate. ABDSM is the board for the leading national organization for dentists who treat snoring and obstructive sleep apnea with oral appliance therapy. Earning Diplomate status from the ABDSM is a unique honor that recognizes special competency in dental sleep medicine.

“Sleeping with a CPAP machine, which includes a face mask, tubing and a constantly running motor, can be difficult, and many Elmhurst residents are unaware that an effective – and comfortable – treatment is available,” said Dr. Valcarenghi. “I’m committed to using my knowledge of dental sleep medicine to help treat my patient’s snoring and sleep apnea and provide Elmhurst residents with a better night’s rest.”

While CPAP is the standard treatment for sleep apnea, the American Academy of Dental Sleep Medicine estimates up to 50 percent of sleep apnea patients do not comply with or tolerate CPAP. In contrast to a CPAP machine, oral appliances are a mouth guard-like device worn only during sleep to maintain an open, unobstructed airway. Patients like oral appliance therapy because it is comfortable, easy to wear, quiet, portable and easy to care for.

“Oral appliance therapy is an effective treatment option that offers a higher rate of patient compliance than CPAP,” said Dr. Valcarenghi. “I work with my patients, and their sleep physicians, to identify the right oral appliance device, custom fit devices to each patient and make any needed adjustments to ensure an open airway and a more restful sleep.”

Dr. Valcarenghi/Radianté Dental & Facial Spa is located at 360 W. Butterfield Rd, Suite 230, Elmhurst, IL 60126. Patients with loud snoring and diagnosed sleep apnea sufferers with difficulty tolerating CPAP should contact Dr. Valcarenghi at 630-834-8088 to schedule a consultation appointment. Dr. Valcarenghi works closely with physicians to treat snoring and obstructive sleep apnea.

About Ivan Valcarenghi, DDS

Dr. Valcarenghi is an American Board of Dental Sleep Medicine Diplomate. He has been in practice over 30 years with an emphasis on cosmetic and rehabilitation dentistry in a multi-specialty group practice in Elmhurst, Illinois. Patients needing complex, comprehensive or multi-disciplinary rehabilitation dentistry, or the advanced skills and cosmetic experience of a cosmetic dentist would benefit from his training. With over 4000 hours of continuing education, Dr. Ivan is committed to life-long learning. He is a certified Toastmaster and professional speaker, has spoken publicly and professionally often and has written numerous articles for professional and lay journals and newspapers. He has also contributed on local radio and T.V. regarding a variety of clinical and practice management topics. He is a graduate of several practice management programs, and has obtained education in business as well as training in marketing and communication.

About The American Academy of Dental Sleep Medicine

The American Academy of Dental Sleep Medicine (AADSM) is the only non-profit national professional society dedicated exclusively to the practice of dental sleep medicine. The AADSM provides educational resources for dentists and promotes the use of oral appliance therapy for the treatment of obstructive sleep apnea and sleep-disordered breathing. Established in 1991, the AADSM has nearly 3,000 member dentists worldwide. Visit www.aadsm.org or call the national office at (630) 686-9875 for more information.

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