

NEWS RELEASE
FOR IMMEDIATE RELEASE

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Improving Health: Elmhurst Dentist Achieves Diplomate Status in Dental Sleep Medicine, Offers Improved Health and a Better Night's Sleep At Midwest Dental Sleep Centers, The Nation's Largest Provider of Oral Appliances for the Treatment of Sleep Apnea and Snoring

New American Board of Dental Sleep Medicine Diplomate, Ivan Valcarenghi, DDS, FAGD, D.ABDSM Dental Director, Midwest Dental Sleep Centers treats Sleep Apnea, Snoring

(ELMHURST, IL) AUGUST, 2019 – Local dentist Ivan Valcarenghi, DDS, FAGD, D.ABDSM is now helping Chicagoland patients get a more restful night's sleep. Dr. Valcarenghi of **Midwest Dental Sleep Center** recently became an **American Board of Dental Sleep Medicine (D.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 running motor, can be uncomfortable and difficult. Patients often avoid seeking treatment and risk cardiovascular and other health problems for fear of having to live and sleep with CPAP. Many patients are unaware that an effective – and comfortable – treatment is available,” said Dr. Valcarenghi. “I’m committed to using my knowledge of dental sleep medicine, in collaboration with board certified sleep physicians to help treat patients with snoring and sleep apnea and provide patients with a better night’s rest, improved oxygenation, cognitive abilities, and overall health.”

While CPAP is the standard treatment for sleep apnea. The American Academy of Dental Sleep Medicine estimates up to 75% of sleep apnea patients do not comply with or tolerate CPAP after just one year. 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 tolerate 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. Valcarengi. “I work with my patients, and their 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.”

Patients with loud snoring and diagnosed sleep apnea sufferers with difficulty tolerating CPAP should contact **Midwest Dental Sleep Centers** at **312-676-9893** to schedule a consultation appointment.

There are five convenient **Midwest Dental Sleep Center** locations throughout the Chicagoland area in Barrington, Chicago, Oak Brook, Shorewood, and Skokie.

About Ivan Valcarengi, DDS

Dr. Valcarengi 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.

About The Midwest Dental Sleep Center

Midwest Dental Sleep Center was founded in 2006, creating Illinois only stand-alone clinics dedicated exclusively to dental treatments for sleep related breathing disorders. Since their inception, they have grown to become one of the largest and most respected providers of Dental Sleep Medicine Services. With a combined 75 years of experience, MDSC's providers have an acute understanding of patient care. They believe in a multi-disciplinary approach, collaborating with our patient's team of medical professionals. At Midwest Dental Sleep Center, their priority is to deliver quality care to informed patients in an accessible and comfortable setting.