

myerson ema® elastic straps



Cleaning the myerson ema® appliance

Brush and floss your teeth before placing your appliance in your mouth.

Clean your appliance after every use with a toothbrush and toothpaste and soak it in a denture cleaning solution.

DO NOT

soak the appliance in mouthwash

DO NOT

place the appliance in hot or boiling water

Replacing the myerson ema® elastic straps

The elastic straps on either side of the appliance are the key to the success of the appliance: your provider will work with you to determine the best strength and size to help achieve optimal effectiveness and comfort.

It is time to replace an ema elastic strap when it is one-eighth of an inch longer than a new strap or the holes becomes oval.

The strap should be moistened in hot (not boiling) water before attaching it to the appliance.

It is very important that the appliance be held only on the side on which the strap is being changed; squeezing or twisting the appliance may cause it to break.

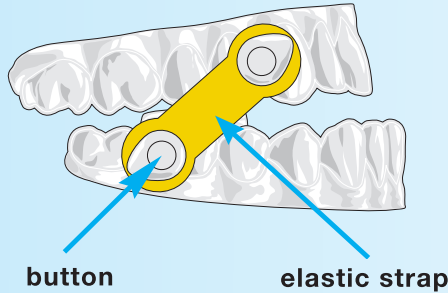
Hook the strap over the point on the button, then pull gently **ALONG THE SIDE** of the appliance to secure the strap.

Care

If after wearing the **myerson ema® appliance** your bite feels off for more than a few minutes, be aware that this is due to the temporary shortening of some of your smaller jaw muscles. Chewing sugar-free gum for five or ten minutes can restore your bite.

Call the provider of your ema oral appliance if:

- your bite feels off even after chewing gum
- you experience severe pain in either TMJ
- your appliance becomes loose or comes off your teeth during sleep
- your teeth remain sore for more than a half-hour after removing the appliance
- you develop any sore areas on the soft tissues of your mouth



Patients should consult their medical doctor and dentist to evaluate their condition to determine if a dental device is suitable for them. The patient's medical history, including a history of asthma, breathing or respiratory disorders, or other relevant health problems should be reconsidered in determining whether this device is appropriate. An oral appliance may be contraindicated if any of the following apply to the patient: central sleep apnea, severe respiratory disorders, a history of TMJ problems, loose teeth or advanced periodontal disease, or if the patient is under the age of 18. Patients should be aware that use of the oral appliance may cause tooth movement or changes in dental occlusion, gingival or dental soreness, pain or soreness to the temporomandibular joint, obstruction of oral breathing & excessive salivation. The information provided herein is general and does not constitute advice in any specific patient case.

ema® is a trademark of frantz design inc.

US Patent no. 6,109,265 & Patent Pending



myersontooth.com/sleepbetter

myerson ema®
...Sleep Better



Get the deep restorative sleep your body needs.

Obstructive sleep apnea & snoring can be treated safely & effectively with the **myerson ema® oral appliance.**

myerson ema patient brochure 8.5 x 11 fold to #10 5.13.2010 15,000

myerson ema®
...Sleep Better

Obstructive Sleep Apnea (OSA) & Snoring

Obstructive sleep apnea is a debilitating sleep-related breathing disorder defined as the cessation of breathing for 10 seconds or more (apnea is a Greek word meaning "without air"). During sleep, the body's muscles relax, allowing the soft tissue to obstruct the airway. The body reacts by disrupting deep sleep enough to start breathing again, but deprives the sufferer of getting a "good night's sleep".

Obstructive sleep apnea (OSA) afflicts over 40 million Americans. Untreated, OSA can lead to heart disease, strokes and excessive daytime sleepiness. Over 100,000* people are killed or injured each year in crashes attributed to a driver who has fallen asleep at the wheel or who was inattentive due to severe drowsiness.

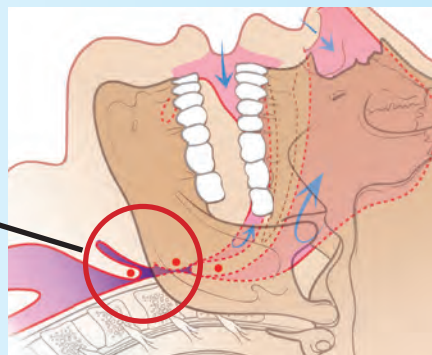
At least 80 million Americans snore (a sign of restricted airflow and impeded breathing during sleep), which can result in excessive day-time sleepiness, cause a higher rate of headaches, adversely affect the sleep quality of the snorer's bed partner, and diminish the overall quality of life.

*NHTSA estimate

Treatment of OSA & Snoring

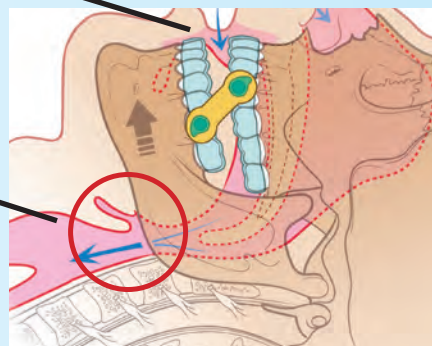
The American Academy of Sleep Medicine now recommends oral appliances such as the **myerson ema® appliance** as a front line of treatment for snoring and sleep apnea, and in cases where CPAP (Continuous Positive Air Pressure) has not been tolerated. Oral appliances have several advantages: they fit entirely inside the mouth, they do not use electricity or make any noise that would bother a sleeping partner, and they allow the wearer to change sleep positions.

Closed airway obstructed by soft tissues



myerson ema® appliance

Open, free flowing airway with the myerson ema® appliance



myerson ema® appliance

ema was invented by Dr. Donald E. Frantz in 1993: his goal was to create an oral appliance that was safe, effective, comfortable to wear, and affordable.

The **myerson ema® appliance** works by opening the bite and gently advancing the mandible with interchangeable elastic straps to increase airway space. This custom made oral appliance is only available through medical and dental professionals.

The **myerson ema® appliance** offers several advantages not found in other oral appliances:

- it fits entirely inside your mouth
- you can talk while you are wearing it
- it is completely free of metal and the **myerson ema® elastic straps** are latex free
- you can easily change the **myerson ema® elastic straps** yourself

