

## Our Founder



**Barry Chase, DDS, D.ABDSM, D.ASBA, D.ACSDD**

Dr. Barry Chase is known to many of his patients, associates and colleagues as "Doc." He is a recognized authority in the field of dental sleep care. Dr. Chase's practice is based on an absolute commitment to his patients, clinical excellence and an expansive vision of dentistry's ultimate contribution to human health.

## Educational Background

Graduate of Georgetown University Dental School  
Graduate Cancer Studies-Howard University Dental School  
Sloane Kettering Memorial Hospital on Head and Neck Cancer and Oral Appliance therapy for post-surgical cancer patients

## Clinical Certifications

Diplomate, American Board of Dental Sleep Medicine  
Diplomate, American Sleep and Breathing Academy  
Diplomate, Academy of Clinical Sleep Disorders Disciplines  
American Academy of Cranio-Facial Pain

## Most Insurances Accepted

- 1199
- Aetna
- Blue Cross Blue Shield
- Cigna
- Empire Plan NYSHIP
- Emblem GHI/HIP
- HealthFirst
- Humana
- Magnacare
- Medicare
- Meritain
- Oxford
- United Healthcare
- UHC Comm Plan
- UMR
- World Trade Center

*Speak with our staff for the most recent list of insurances.*



### Long Island

1. 5 Commack Road, **Commack, NY 11725**
2. 1739 N Ocean Ave, Ste D, **Medford, NY 11763**
3. 2047 Hempstead Turnpike, **East Meadow, NY 11554**
4. 215 Hillside Avenue, **Williston Park, NY 11596**
5. 400 S Oyster Bay Rd, Ste 201, **Plainview, NY 11801**

### Queens

6. 61-54 Springfield Blvd **Oakland Gardens, NY 11364**

### Manhattan

7. 250 E 63rd Street, Unit 1A, **New York, NY 10065**
8. 241 W 30th St, **New York, NY 10001**

### Brooklyn

9. 1302 Kings Highway, Fl 4, **Brooklyn, NY 11229**

### Staten Island

10. 331 Seaview Avenue, **Staten Island, NY 10305**

### Westchester

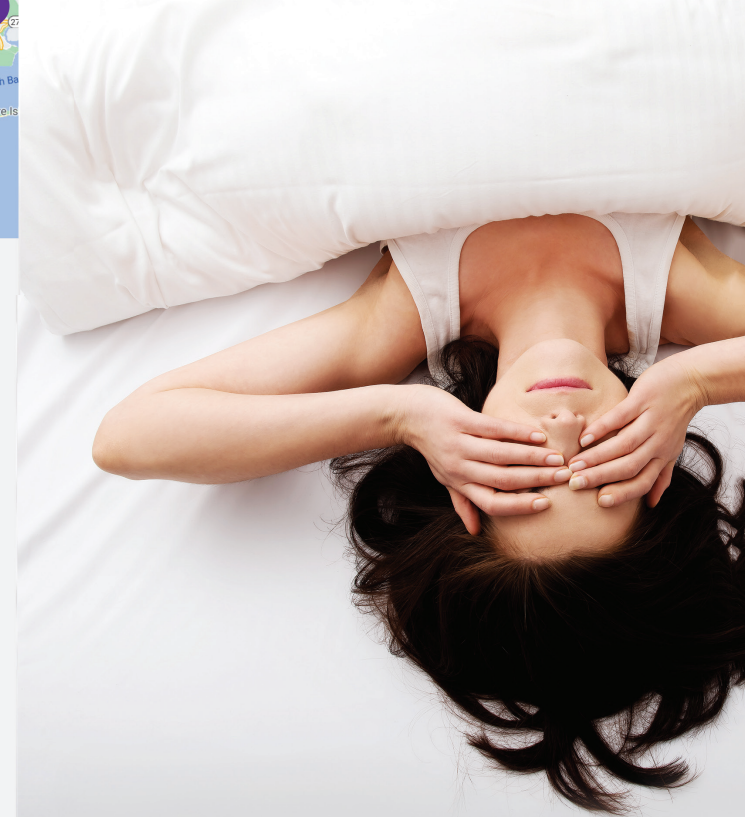
11. 55 W Red Oak Ln, Fl 2, **White Plains, NY 10604**



**Scan for Appointment**

Phone (516) 506-0000 | Fax: (516) 336-3664  
chasedentalsleepcare.com | info@chasedentalsleepcare.com

# Tired of Waking up **TIRED?**



The Physician's Choice for Obstructive Sleep Apnea & TMJ Dysfunction

## Obstructive Sleep Apnea

### What is Obstructive Sleep Apnea?

Obstructive Sleep Apnea involves the obstruction of the airway which causes disruptions of normal sleep patterns.

### How it happens

The lower jaw (mandible) and the tongue fall back.  
The tongue blocks the airway (throat or pharynx).

### What occurs

When the airway is blocked for more than ten seconds, oxygen loss begins;  
Heart rate, and blood pressure increases;  
Normal hormonal adjustments during sleep are disrupted.

Most apnea events last 20, 30 seconds or more. Severity is determined by how many events happen hourly while sleeping. Patients can have more than 30 events/hour which would mean they have severe OSA.

### Treatment - Oral Appliance Therapy

Oral appliance therapy involves the use of a specially designed device, worn at night, that maintains an open, unobstructed airway during sleep. Oral appliances are safe, non-invasive, highly effective treatment for snoring and for all severities of Obstructive Sleep Apnea. Oral appliances may be used alone or in combination with other treatments for sleep-related breathing disorders.

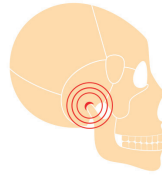
### Advantages of Oral Appliance Therapy

Comfortable • Easy to wear • Portable  
Convenient when traveling • Easy to care for  
Non-invasive • Do not make noise  
Covered by medical insurance

### If left untreated Sleep Apnea may lead to

Heart Failure/Attack • Atrial Fibrillation • Obesity  
Hypertension • Cardiovascular Disease • Diabetes  
Chronic Inflammation • Short Term Memory Loss  
Decreased Libido • Anxiety & Depression  
Sleep Related Accidents

## Temporomandibular Joint (TMJ) Dysfunction



### What is the Temporo-Mandibular Joint?

The Temporomandibular Joint ('TMJ'), is the joint where the lower jaw (the 'mandible') joins the bottom of the skull (at the 'temporal bone'), immediately in front of the ear on each side of the head. It moves every time you chew, talk and swallow. It is one of the most frequently used joints of the body.

### What is TMJ dysfunction?

Tempromandibular Joint and Muscle disorders commonly called "TMJ or TMJ-D" are a group of conditions that cause pain and dysfunction in the jaw joint and in the muscles that control jaw movement.

### Symptoms of TMJ Dysfunction

- Jaw pain or tenderness, especially when chewing or speaking
- Clicking, popping, or grating sounds in the jaw joint
- Difficulty or discomfort when opening or closing the mouth
- Locking of the jaw joint
- Headaches
- Earaches or ringing in the ears (tinnitus)
- Facial pain
- Pain or discomfort in the neck and shoulders

### Treatments

Appliance  
Therapy

Botox

Dry  
Needling

Orthodontics

Surgery

Myofunctional  
Therapy

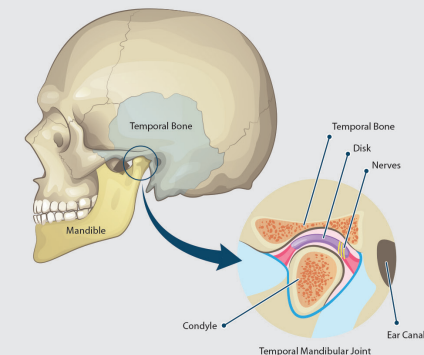
Physical Therapy / Exercises



### About Us

Chase Dental SleepCare meets the highest clinical practice standards. Our focus is on the whole person. During the consultation we seek to address your sleep issues within the big picture context of your life and health.

The Chase Sleep practice is supported by certified sleep and TMJ trained staff. We strictly adhere to the American Academy of Sleep Medicine and the American Medical Association protocols. We employ the highest FDA approval standards for oral appliances. The Chase process mandates ongoing communication and collaboration with your physician for the highest quality of care.



Oral Appliance