

## **Sinus Headaches And Sinus Infections From Cpap Use: Alternatives To CPAP From WWW.IHateCPAP.com**

*Many patients experience sinus infections, sinus problems and sinus headaches from CPAP use. I HATE CPAP! LLC offers comfortable oral appliance alternatives to CPAP. Patients now have comfortable and effective alternatives to CPAP.*

**Nov. 18, 2009** - [PRLog](#) -- Sinus problems are common with CPAP usage and are often a reason cited by patients for discontinuing CPAP use. CPAP compliance has never been very good and a recent study showed 60% failure rate for CPAP. Sinus pain and sinus infections are frequent reasons given by patients who want to try oral appliances as an alternative to CPAP.

Sinus infections can result from inadequate cleaning of CPAP masks and hoses. Biofilms grow and cover the interior surfaces of the mask and hose and the pressurized air forces bacteria into the sinuses, bronchi and lungs. Many patients complain of chronic coughs, post nasal drip, bronchitis and pneumonia related to CPAP use. Scrupulous cleaning of the equipment can help eliminate these problems but only for some patients. Some patients problems stem from the drying effects of CPAP use on mucous membranes.

Patients who cannot tolerate CPAP can turn to Dental Sleep Medicine and Sleep Apnea Dentists to create customized comfortable oral appliances as an alternative to CPAP. Treatment is covered by most medical insurance plans similar to coverage provided for CPAP machines. The American Academy of Sleep Medicine and the American Academy of Dental Sleep Medicine have accepted oral appliances as a first line treatment for mild to moderate sleep apnea and as an alternative to CPAP for severe apnea when the patient does not tolerate CPAP.

The American Sleep Foundation has declare that oral appliances are a therapy whose time has come.

Patients interested in a comfortable alternative to CPAP that avoids many sinus problems should go to <http://www.ihatecpap.com> to learn more about the dangers of untreated sleep apnea and find comfortable oral appliance alternatives.

Dr Ira Shapira, a Diplomate of the American Board of Dental Sleep Medicine and the Chicago dentist who founded [www.ihatecpap.com](http://www.ihatecpap.com) has recently founded <http://www.ihateheadaches.org> to help patients find drug free treatments to treat sinus headaches, migraines, tension-type headaches and morning headaches associated with sleep apnea and TMJ disorders.

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information on sleep apnea, sleep apnea treatment and cpap alternatives are available at [www.ihatecpap.com](http://www.ihatecpap.com) This is the premiere site for the promotion of Dental Sleep Medicine and Sleep Apnea Dentisits. [WWW.ihateheadaches.org](http://WWW.ihateheadaches.org) supplies information about neuromuscular dental treatment and headache, migraine and sinus treatment utilizing Neuromuscular Dentistry

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