



# ASSOCIATES IN PERIODONTICS

PERIODONTICS, PLACEMENT OF DENTAL IMPLANTS AND FABRICATION OF ORAL APPLIANCES TO TREAT SNORING AND SLEEP APNEA.

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## DOCTOR'S NOTES

### SNORING ISN'T SEXY

By Brian D. Shuman, DMD



BRIAN D. SHUMAN, DMD

Most people think of snoring as a social annoyance. Five years ago, my snoring forced my wife "into the closet" (personally, I thought she seemed very comfy surrounded by her stuff). Then, it turns out that my snoring was a sign of a much greater problem, sleep apnea. I administered a home sleep study and sure enough, I stopped breathing for 10 seconds or more, 18 times per hour!

I sought medical advice and was told about the CPAP machine. I knew I would never use CPAP and thus started my role as a consultant with the Vermont Regional Sleep Center at Fletcher Allen Health Care. Since then I have treated my snoring/apnea and hundreds of others' by fabricating a simple oral appliance. My snoring has stopped, my apnea reduced to normal and, most important, my beautiful wife is back "in the closet"...only during waking hours!

If you or someone you know snores or does not like their CPAP machine, let me know. I would be happy to discuss my personal experience and see if an oral appliance might be an appropriate alternative.

Brian

P.S. Our next issue will include an update on my continuing battle, currently in litigation, with the insurance company for a settlement from the fire.



"I HAVE BEEN HAVING MY PERIODONTAL TREATMENT DONE AT THE ASSOCIATES IN PERIODONTICS FOR MANY YEARS.

There is a quality of care and caring at the Associates in Periodontics. This is due to the guidance of the office by Dr. Brian Shuman. He, along with Dr. Matt Kolesar and Dr. Holly Halliday, both of whom I have met, provide the backbone for the quality of therapy and warm and caring personalities. All of the hygiene staff are excellent in the techniques, thorough in reviewing my home-care plaque-removing techniques and complete and gentle when they clean my teeth. I owe the expertise of this office to helping me retain my teeth and helping to maintain good health!"

December 2012



## STAFF SPOTLIGHT

This month's Staff Spotlight shines on Cindi W.

Cindi W. has been with AIP for 12 years. She performs behind-the-scenes magic that supports the doctors and staff as an Administrative Assistant. Cindi might not wear a sports jersey to work but her favorite activity by far is watching football, just not playing it!

When asked what she likes most about AIP patients, she said their warm smiles and friendliness. They are very appreciative of the great care they receive here at AIP. Her favorite thing about her job is helping people; whether it be in the dental community, assisting the doctors, staff or patients. She always enjoys an occasional hug and on a really good day the office is even known to receive a home-cooked treat from our thoughtful patients.

AIP's strength is in its dedication and approach to provide the utmost comfort to those they serve. Cindi is proud to work for a company that provides its patients with the latest and newest techniques of dental care. Everyday she feels blessed to work with a great group of people, whom she admires for their devotion to dentistry and exceptional care they provide their patients.

She actively seeks out ways to socialize personally and professionally in her community. Cindi enjoys volunteering and working on fundraisers for many events benefiting the American Cancer Society. This past fall in Burlington, she walked for Making Strides Against Breast Cancer and was a model at the annual fashion show and dinner, sponsored by Leunig's Bistro to benefit The Breast Cancer Center at Fletcher Allen Health Care.

## DR. SHUMAN HONORED



FOR HAVERFORD COLLEGE SOCCER CAREER

The Mid-Atlantic Soccer Conference just celebrated its 100th anniversary. The conference named

Dr. Brian Shuman as one of eleven athletes chosen from conference history to be a member of the Mid-Atlantic Conference Century Soccer Team.

While at Haverford, Dr. Shuman was recognized as the team's MVP, was awarded the Varsity Cup as the Haverford College outstanding student athlete, and was selected as a member of the U.S.A. International Maccabiah Olympic soccer team.

If you too are happy with your care at our office then please let your Dentist know. We are also honored to see your friends and family members should you feel they would enjoy our office. If you do not currently have an appointment and are interested in scheduling one, please contact us at 863-5447 (So. Burlington office) or 476-0995 (Barre office).

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