



**For Immediate Release**

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**Nelson Dentistry in Lutz  
Receives Program Accreditation**

**LUTZ, FL** – Nelson Dentistry in Lutz recently received program accreditation from the American Academy of Dental Sleep Medicine (AADSM).

Nelson Dentistry is directed by Jay Nelson, DMD, and is located at 1928 Highland Oaks Blvd.

“The American Academy of Dental Sleep Medicine congratulates Nelson Dentistry on fulfilling the high standards required for receiving accreditation as a dental sleep medicine facility,” said Dr. Gail Demko, AADSM president. “Nelson Dentistry is a significant resource to the local sleep medicine community and will provide the highest quality care for patients with sleep-disordered breathing.”

To receive three-year accreditation, a dental sleep medicine facility must meet or exceed all standards for professional practice and patient care as designated by the AADSM. Those standards include the continuing education of staff; a developed set of policies and procedures for accepting, treating and billing patients; and adherence to approved standards for safety, customer service and patient follow-up.

Dental sleep medicine is a growing segment of dentistry that focuses on managing snoring and obstructive sleep apnea with oral appliance therapy (OAT) – an effective alternative to the standard continuous positive airway pressure (CPAP) therapy. Once a patient is diagnosed with primary snoring or obstructive sleep apnea by a board-certified sleep physician, a dentist trained in dental sleep medicine can provide treatment with OAT.

OAT uses a “mouth guard-like” device worn only during sleep to maintain an open, unobstructed airway. OAT devices prevent the airway from collapsing by either holding the tongue or supporting the jaw in a forward position. The devices are also quiet, portable and easy to care for.

The American Academy of Dental Sleep Medicine (AADSM) is a professional membership organization that provides educational resources for dentists and promotes the use of oral appliance therapy for the treatment of sleep-disordered breathing.

Learn more about oral appliance therapy and dental sleep medicine on the AADSM website at [www.aadsm.org](http://www.aadsm.org).

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