

NICOLE M. FERRARA, D.D.S., P.C. – DIPLOMATE WITH ABCDSM

Dr. Nicole M. Ferrara recently became an American Board of Craniofacial Dental Sleep Medicine (ABCDSM) Diplomate. Earning Diplomate status from the ABCDSM is a unique honor that recognizes special competency in dental sleep medicine and temporomandibular joint disorders (TMD).

ABCDSM is the American Board for Craniofacial Dental Sleep Medicine and was created to combine the treatment of sleep disorders, craniofacial pain, and Temporomandibular Joint Disorders (TMD). By focusing on the complex relationship between these disorders, a diplomate can fulfill the needs of their patients by supporting them to achieve the benefits of recuperative sleep. In order for a dentist to obtain diplomate status they must prove, through a series of examinations and case studies, that they have met the highest standards for patient care.

For patients with obstructive sleep apnea, Dr. Ferrara provides an oral sleep appliance therapy as an effective alternative to the standard Continue Positive Airway Pressure (CPAP) machine. In contrast to a CPAP machine, oral appliances are a mouth guard-like device worn only during sleep to maintain an open, unobstructed airway. Many patients prefer oral appliance therapy because it is comfortable, easy to wear, quiet, portable and easy to care for. Dr. Ferrara works with her patients, and their sleep physicians, to identify the right oral therapy, select a customized appliance for each patient and makes any needed adjustments to ensure an open airway for more restful sleep.

Dr. Ferrara also works closely with her TMD patients to rehabilitate the Temporomandibular Joint (TMJ) by providing therapeutic oral appliances. These orthotics/splints are worn either day or night or a combination of the two. These appliances work to correctly align the upper and lower jaw bones and joints allowing the TMJ to function in a balanced neuromuscular state.

Through Dr. Ferrara's education and experience she has seen an increased correlation between sleep apnea and TMD. Therefore, Dr. Ferrara has implemented a comprehensive screening process for all patients referred to her. With Dr. Ferrara's newest achievement, we are pleased to be able to expand our practice and further assist our patients to obtain optimal health.

Dr. Ferrara is a Medicare provider for oral sleep appliances and an in-network provider for several commercial insurances.

Nicole M. Ferrara, D.D.S., P.C.

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