

Sleep apnea is also a Cancer risk?

Sleep apnea has been linked to many conditions including heart disease, high blood pressure, diabetes, and strokes. As more awareness of this life-threatening disorder comes to the foreground, health providers and patients have become quite concerned about getting people diagnosed and finding them proper treatment. I have been treating sleep apnea patients for over 15 years and even diagnosed myself with moderate sleep apnea! Needless to say, I know how to treat myself and have been wearing a dental sleep appliance to treat my condition, but now I am really concerned about the latest information about sleep apnea. As newer research surfaces, findings show that many sleep apnea sufferers also have a higher risk than others of cancer. With all of this new information, people need to be aware of their risk factors and lifestyle habits that may be contributing to something that is directly affecting their health and life span.



Dentally Speaking

by Jeffrey S. Haddad D.D.S.

apneas and people are 90% compliant with them.

In 2013, researchers in Spain followed 5200 cancer-free patients with sleep apnea for 7 years and while they slept, they monitored how much their oxygen levels dropped. And here is the shocking finding, people with severe sleep apnea had a 68% increased risk of developing ANY kind of cancer. They suggested the risk is associated with increased hypoxia, a condition where the body is deprived of oxygen.

Another study from the University of Wisconsin found people with sleep-disordered breathing are five times more likely to die from cancer than people without sleep apnea. One recent study reported in the Journal of Sleep Medicine shows moderate and severe cases of sleep apnea are also associated with increased cancer risk. That study showed an increased risk for "all cancer mortality" due to cancer. The 20-year study showed that people with moderate to severe cases of sleep apnea are two and a half times more likely to develop cancer and three times more likely to die from cancer. The authors noted these findings confirmed previous research conducted by American and Spanish researchers.

I unknowingly suffered with undiagnosed sleep apnea for several years, never knowing why I felt tired throughout the day, struggling to get through my workday without yearning for a nap, and realizing that I was keeping my wife awake all night with my snoring. I was a selfish bed partner! I have been wearing a sleep appliance for over 10 years and it CHANGED MY LIFE!

My wife is able to sleep peacefully next to me, I have more energy throughout the day, and I now know that I am avoiding the scary effects of sleep apnea such as heart disease, diabetes, strokes, and now cancer! Do you suffer from symptoms of sleep apnea like daytime fatigue, irritability, or lack of energy during the day? Do you have issues with high blood pressure, diabetes, insomnia or morning headaches? If you want to be healthier and live life longer, seek out the proper health provider that can test you to determine if you have sleep apnea and get it treated! It could be the best decision you could make to change your everyday quality of life.

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What is Sleep Apnea?

Sleep apnea is a sleep disorder that causes dangerous pauses in breathing during sleep. According to the American Sleep Apnea Association, up to 22 million Americans have sleep apnea, although many of these cases are undiagnosed.

This condition is very concerning for sleep doctors and dentists because it causes the body to become deprived of oxygen at night and may coincide with other life-threatening diseases like diabetes, cardiovascular diseases, and cancer.

The most common symptoms of sleep apnea are snoring and daytime fatigue. Additional symptoms include:

- Morning headaches
- TMJ symptoms
- Lack of energy during the day
- Migraines
- A sore throat or dry mouth upon waking
- Mood problems, including irritability
- Insomnia

Treatment includes making lifestyle modifications, including weight loss, quitting smoking, and limiting alcohol consumption. When lifestyle changes don't help, therapies such as a CPAP (continuous positive airway pressure) machine are considered. Unfortunately, only 30% of patients are able to tolerate CPAP therapy, so many people get frustrated when they attempt using a CPAP and fail. Luckily, new research shows that a properly made dental appliance is actually a superior solution to CPAP for mild and moderate sleep apnea! Dental sleep appliances are extremely comfortable and maintain your airway eliminating your snoring and



LIFT-OFF BEGINS JUNE 4TH

It's time to LAUNCH!

LaunchLab presented by the Rochester Regional Chamber is preparing for liftoff on Friday, June 4th. LaunchLab is an online platform where you can learn from local experts. Get unstuck with courses on:

- Starting a new business venture
- Networking
- Transitioning into online sales
- Branding your business
- and MORE!

Join the celebration of LaunchLab at our hybrid event June 4th. Register at: <https://business.rrc-mi.com/events/details/launching-into-the-future-31757>

More about LaunchLab

The Rochester Regional Chamber Foundation received a grant from the Consumer's Energy Foundation to help the Chamber implement new services to help small businesses increase their web presence by elevating them as experts, giving them access to on-demand tools and providing professional training. Forty percent of the services will go toward helping women, minority, or veteran-owned business organizations. This grant, along with assistance from key community partners such as Auger, Klein, Aller Architects, Frank Rewold & Sons, Trent Creative, Revenue Refinery, Chief Financial Credit Union, First State Bank and Oakland County will enable the Chamber to create LaunchLab.

About Rochester Regional Chamber of Commerce

The mission of the Rochester Regional Chamber of Commerce (RRC) is to provide leadership and resources to advance business development in partnership with civic, cultural and educational interests for the benefit of its members and the community.

About Rochester Regional Chamber Foundation

The Rochester Regional Chamber (RRC) Foundation is a 501(c)(3) organization established to provide programming and services that foster leadership, workforce development, and community engagement within the greater Rochester area.

About Consumers Energy Foundation

The Consumers Energy Foundation is the charitable arm of Consumers Energy, Michigan's largest energy provider. The Consumers Energy Foundation enables communities to thrive and grow by investing in what's most important to Michigan – its people, our planet and Michigan's prosperity. In 2019, the Consumers Energy Foundation, Consumers Energy and its employees and retirees contributed more than \$11.5 million to Michigan nonprofits. For more information about the Consumers Energy Foundation, visit www.ConsumersEnergy.com/foundation.

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