

# Surprising Truths about Sleep Apnea

Obstructive sleep apnea is a common and serious sleep disorder that causes you to stop breathing during sleep. The airway repeatedly becomes blocked, limiting the amount of air that reaches your lungs. When this happens, you may snore loudly or make choking noises as you try to breathe.

Your brain and body becomes oxygen deprived and you may wake up. This may happen a few times a night, or in more severe cases, several hundred times a night. The problem is that some of these signs are often ignored by people or not even recognized by their loved ones. Unless sleep apnea is addressed and treated, serious health consequences can occur.

**1. Many people have sleep apnea and don't even know it...True.** "I never sleep well..." "I hardly ever get a good night's sleep..." These are both very common statements in today's hectic world. Tossing, turning, snoring and waking up in a fog might mean more than a bad night's sleep, especially if they happen on a regular basis. For many, sleep apnea is to blame for these symptoms. With sleep apnea, your breathing is disrupted while you are asleep. The results range from short-term sleepiness to long-term risks for diseases. And out of all these people getting unsatisfying sleep, as many as 80% go undiagnosed! Without proper evaluation, and people making excuses for why they have poor sleep, most people are never diagnosed with a sleep breathing disorder and therefore are never treated.

**2. I don't snore so I can't have sleep apnea...False.** Obstructive sleep apnea is commonly associated with snoring. However, many obstructive sleep apnea patients DO NOT SNORE. Snoring is only one sign of obstructive sleep apnea. In fact, if a long-time snorer no longer snores, this may indicate that his or her obstructive sleep apnea has increased in severity in that there is now complete blockage of the airway. This blockage will not allow the person to make a snoring sound. One should



Dentally Speaking  
by  
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consider all the signs when screening for obstructive sleep apnea. If you exhibit some of these signs mentioned in this article, please consider evaluation by your physician or sleep-trained dentist.

**3. Only overweight men have sleep apnea...False.** One of the reasons why ob-

structive sleep apnea could be so under diagnosed is that it is commonly thought of as a disease of obesity. It is true that obstructive sleep apnea risk increases with weight gain because excess fat tissue can constrict the airway. However, anyone can suffer from sleep apnea including world-class athletes can suffer from obstructive sleep apnea, including world-class athletes, men, women and children. One example is a skinny person born with a large tongue, large tonsils and adenoids can suffer from obstructive sleep apnea. Therefore, anyone of any body type can have obstructive sleep apnea as weight is only one of many factors which may cause one's airway to be constricted. Furthermore, according to studies in the general population the actual ratio between sexes is likely to be closer to 2 or 3 men with OSA for each woman who has the condition, so women should not assume that they are immune to this condition.

**4. It can present like depression, fatigue, or something else...True.** The reasons that sleep apnea is so often overlooked is because the symptoms are so broad. Beyond sleep disruptions and other bedtime symptoms, you may also have depression, fatigue, trouble concentrating, a dry mouth and sore throat, or any number of other symptoms. Continual nights of restlessness never allow the body to properly heal in a deep R.E.M. sleep and this can eventually take its toll on the body. Loss of energy, drowsiness throughout the day, and lack of motivation all can be a result of poor sleep quality. Sleep apnea can make you wake up in the morning feeling tired or unrefreshed even though you have had a full night of sleep.

During the day, you may feel fatigued, have difficulty concentrating or you may even unintentionally fall asleep. This is because your body is waking up numerous times throughout the night, even though you might not be conscious of each awakening.

**5. Sleep Apnea can lead**

**to serious complications... True.** The lack of oxygen your body receives can have negative long-term consequences for your health. This includes:

- High blood pressure
- Heart disease
- Stroke
- Pre-diabetes and diabetes

- Depression
- Acid Reflux
- Impotence
- Migraines and headaches
- TMJ Disorders
- Death

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## Rochester claims district, regional titles

By Dan Stickrad  
Special Correspondent

Rochester is having a banner year.

Literally.

After sharing the OAA Red Division title with Lake Orion with identical 12-3 records, the Falcons captured both district and regional titles to advance to the final eight in the state for the sixth time in school history and for the second straight season.

Rochester (30-11) also captured regional titles in 1985, 1991, 1997, 1998 and now in

2016 and 2017. The Falcons lost in the Final Four in 1985, finished as the state runner-up in 1991, captured the Class A state title in 1997 and lost in the quarterfinals round in both 1998 and 2016.

"With us returning all but a couple of players from last year, we set some pretty high goals and we have been able to reach a lot of those," said eighth-year head coach Eric Magiera. "We wanted to compete for our league and were able to win a league title with Lake Orion. Then we wanted to try to win our district and

regional again and we were able to do that. We had to beat some very good teams along the way."

This year the Falcons defeated Romeo (4-1), Utica Eisenhower (1-0) and Rochester Stoney Creek (6-5) for the district crown, then tamed both Royal Oak (8-1) and Birmingham Brother Rice (10-2). Through the regional weekend, Rochester had won 17 of its final 21 ballgames.

Eisenhower (No. 10) and Brother Rice (No. 5) were both ranked in the top 10 in the state entering the postseason.

The Falcons had some injury issues in April and began 6-7 before getting on track.

Albert Nagy (8-0), Jacob Jackson (7-0) and Luke Kastran (7-2) have formed a dominate top-tier pitching staff. Both Nagy and Jackson have signed with Northwood and have an ERA of well under 1.00.

Outfielder Tommy Loftus has put up all-state numbers at the plate, hitting almost .700 in the month of May alone, and five Rochester players have signed to play in college with several under-

classmen already on the radar of some college scouts.

"We have a great senior class of 10 and they provide great leadership," beamed Magiera, whose freshmen and junior varsity programs also captured league titles.

"They have set the tone for the younger players in our program. As a group, they have a lot of experience with some three- and four-year varsity players and they have elevated our program back to where it used to be."

Follow Dan on Twitter @ LocalSportsFans.



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July 13 – Kimmie Horne

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July 27 – Shahida Nurullah

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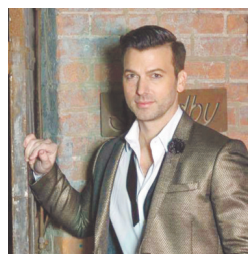
August 10 – Ben Sharkey

Ben Sharkey has been delighting fans worldwide with his romantic style and velvet vocals on old swing and jazz standards that would make old Blue Eyes himself green with envy.

August 24 – Dave Bennett

A multi-instrument phenomenon, Dave Bennett is a clarinet virtuoso who plays electric guitar, piano, drums and vocalizes.

Call (248) 364-6252 or visit meadowbrookhall.org to make a reservation.



Ben Sharkey



Members of Rochester's baseball team celebrate after knocking off fifth-ranked Birmingham Brother Rice in a recent state tournament game.

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**6. There are different options to treat sleep apnea...Fact.** In many cases, an apnea, or temporary pause in breathing, is caused by the tissue in the back of the throat collapsing. The muscles of the upper airway relax when you fall asleep. If you sleep on your back, gravity can cause the tongue and jaw to fall back. This narrows the airway, which reduces the amount of air that can reach your lungs. The narrowed airway causes snoring by making the tissue in back of the throat vibrate as you breathe.

**There are 2 choices that people have to address and treat their snoring and sleep apnea:**

1. The most common treatment for those suffering from OSA is something called the Continuous Positive Airway Pressure (CPAP) system. This device has successfully treated many people, and is considered the standard of care in sleep medicine. Unfortunately, some studies

estimate compliance to be as low as 29% since it can be rather bulky and difficult to sleep with. **If you are NOT compliant with your CPAP, then your sleep apnea is NOT being treated properly.**

2. Your dentist may have an alternative for non-compliant CPAP users, which includes a custom appliance that opens the airway and reduces snoring. This innovative appliance is considerably more comfortable (with a 90% compliance rate) and much easier to travel with than a bulky CPAP machine.

Jeffrey S. Haddad, D.D.S., of Doolin & Haddad Advanced Dentistry, completed his dental education at the University of Michigan in 2001. Dr. Haddad is a fellow of the prestigious Las Vegas Institute for Advanced Dental Studies. He lectures nationally on cosmetic dentistry, TMJ disorders and practice management. For more information, visit [www.rochesteradvanceddentistry.com](http://www.rochesteradvanceddentistry.com)