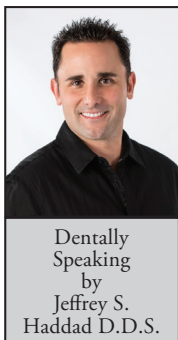


Sleep Awareness Week

Not the Usual Suspects-Sleep Disorders can affect everyone ...

March 11-18 was Sleep Awareness Week, which is what prompted this month's article topic. This is something that is not only a huge focus in our dental office, but also hits close to home. All three doctors in our dental office suffer from sleep



Dentally Speaking
by
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apnea. Collectively, the three of us cover the map as far as physical stature and age. My wife and my 11-year-old daughter also snore (yes they both gave me the OK to share this information). One thing we all have in common is that we take our health very

seriously, we eat well and work out on a regular basis. Sleep breathing disorders can effect anyone and is more prevalent than most people realize. In fact, more than 22 million Americans have sleep apnea and every year more research is showing how detrimental poor airflow during sleep is to overall health.

Have you been told that you snore? Does your significant other keep you awake while they snore through the night? Most likely, you've always considered snoring to be a mere inconvenience in your life. But, believe it or not, this nuisance plaguing you while you sleep each night is actually quite hazardous to your health. Seventy percent of all snorers either have sleep apnea or will develop sleep apnea in their lifetime. Therefore, snoring is a sleep disorder and needs to be taken seriously by those who are affected by it.

We offer our patients the option of taking a monitor home to check for any breathing issues. We also work closely with sleep doctors who can treat our patients if they are suffering from severe breathing issues. Often times our patients are pleased to find out they can benefit from a custom made night guard to improve their breathing issues.

Sleep apnea is serious sleep disorder in which breathing repeatedly stops, sometimes for 10 seconds or more, throughout the night. Your brain and heart don't receive enough oxygen as a result of obstructive sleep apnea. This generally leads to increased blood pressure and heart rate, and can put you at greater risk of heart attack and stroke. Other associated disorders are diabetes, heart disease, and gastric reflux (G.E.R.D.). The effects of sleep apnea

are varied but there is one proven and very dangerous side effect. When a person suffers from sleep apnea, their body is not getting the oxygen it needs in order to function properly.

Things you NEED to know about Sleep Apnea

- Sleep apnea is now considered twice as bad for your health as smoking cigarettes
- 75 percent of people with TMJ problems have a sleep breathing disorder
- Untreated sleep apnea greatly increases the risk of heart attacks, acid reflux, weight gain and sexual dysfunction
- Last year over 38,000 deaths in the US were related to sleep apnea
- Contrary to popular belief, sleep apnea patients come in all shapes, size, genders, races
- Many sleep apnea patients don't snore at all
- Properly made dental sleep appliances are just as effective as a CPAP in Mild and Moderate Sleep Apnea.

Sleep Disorders Solutions

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 percent, 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. 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 percent



compliance rate) and much easier to travel with than a bulky CPAP machine.

Sleep Disorders affect you

Sleep apnea can affect everything in your life: food, drink, hobbies, sex, and other things you used to enjoy can all become diminished. Sleep apnea can have many negative effects on your mood. It can cause a perpetually low mood, and it can make it harder for you to enjoy the things you used to enjoy. And that includes your life and work. But with comfortable, convenient sleep apnea treatment, you will find that you have energy to do the things you used to do, clarity of mind to focus on the challenges that make life rewarding, and a better mood so you are able to enjoy things again.

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.

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