



Sunrise Pinnacle Awards Ceremony

Rochester, MI - The Rochester Regional Chamber of Commerce is hosting the annual Sunrise Pinnacle Awards, sponsored by PNC Bank, on Monday, October 7, 2019. The Pinnacle Awards is an opportunity for the communities of Rochester, Rochester Hills, and Oakland Township to come together to honor the accomplishments and contributions of our region's most visionary leaders, entrepreneurs, nonprofit organizations, and businesses.

This year, recognition will be given for the Lifetime Achievement Award, Business of the Year, Business Woman of the Year, Community Builder Award, and more.

Join us on Monday, October 7, 2019 at the Royal Park Hotel at 7:30 am to celebrate our local winners. Event tickets are available for \$40 for Chamber members and \$50 for future Chamber members. Business tables seating ten and other sponsor opportunities are also available; please contact the Chamber office at (248) 651-6700 or visit rrc-mi.com, for details or to RSVP.

The Rochester Regional Chamber of Commerce thanks their partners, Ascension Providence Rochester Hospital, Oakland University, Bellbrook Senior Community, Beaumont, FOX Automotive Group, and Mattina, Kent, and Gibbons P.C., PAR Pharmaceuticals, Shelton Buick GMC, Rochester University, Chief Financial Credit Union, and Mocerri Companies.

The Mission of the Rochester Regional Chamber of Commerce 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.

UPCOMING EVENTS:

- 9-24 **Grow with Google Workshop..... 6:00 pm - 7:00 pm**
Getting Your Business Online
Rochester Hills Public Library, 500 Old Towne Rd, Rochester
- 9-25 **Foodpreneur Peer Solution Group 9:00 am - 10:00 am**
The Toffee Shop, 4014 Orion Rd, Rochester
- 9-25 **Human Resources Peer Solution Group ..11:30 am - 1:00 pm**
Rochester Regional Chamber Office, 71 Walnut, Ste. 110, Rochester
- 9-25 **OCN Fall Mixer 5:30 pm - 7:30 pm**
Lockhart's BBQ, 37 East Flint St, Lake Orion
- 9-27 **Legislative Affairs Committee Meeting ... 7:00 pm - 9:00 pm**
City of Rochester Municipal Offices, Council Chambers
400 Sixth St, Rochester
- 9-28 **Foodpreneur Peer Solution Group..... 9:00 am - 10:30 am**
Cookies & Cream, 20 Front Street Lake Orion, MI 48362
- 9-28 **Young Professionals 7:00 pm - 9:00 pm**
CJ Mahoney's, 3260 S. Rochester Rd. Rochester Hills, MI 48307
Sponsored by Oakland University



New to the area? Stop at the Chamber office to pick up your welcome bag!

Our Address:
71 Walnut, Suite 110
Rochester, MI 48307

FREE WELCOME BAG

Phone: (248) 651-6700
Email: info@rrc-mi.com

Visit our website: www.rrc-mi.com

COLUMN

Can't Sleep? Do You Have Headaches or TMJ Pain?

New Data shows that this may not be just a coincidence.

For almost 20 years, we have successfully treated patients suffering from headaches and an array of jaw pain symptoms, categorized as temporomandibular joint (TMJ) disorders. People suffering from TMJ disorders can exhibit symptoms like migraines, ear ringing (tinnitus), and vertigo. However, recent data indicates an estimated 75% of people with TMJ also suffer from sleep breathing disorders such as snoring and sleep apnea, which have become huge health concerns in today's society. Concurrently, 52% of people with sleep disorders suffer from or have the potential for TMJ problems. It is estimated, that in the next 5 years the number one killer in the United States which is heart disease, could actually be attributed to undiagnosed or untreated sleep apnea! When treating these TMJ and sleep patients, a dual approach is highly recommended for proper care of these people.

A combined approach to TMJ and Sleep Disorders

Neuromuscular dentists who routinely treat TMJ disorders have always focused on proper jaw alignment and muscle physiology for overall dental health, a guiding principle that has advantages in treating obstructive sleep apnea. We use various instruments, including advanced muscle tracking technology, to diagnose and treat our TMJ patients. Therefore, in response to the latest research, we realized that it was very appropriate to utilize this same technology to treat our obstructive sleep apnea patients. Mainly, because an inaccurate

sleep appliance can send these fragile patients into a potential TMJ pain spiral.

Patients with TMJ disorders frequently have a destructive or misaligned bite which forces their lower jaw backwards. This backwards positioning can increase the degree of blockage of a person's airway while they sleep, which leads to obstructive sleep apnea (OSA). Conversely, a person with an obstructed airway may clench or grind their teeth, which can deteriorate the bite, leading to TMD symptoms and pain. It's a bit of the chicken or egg syndrome, but the patient isn't concerned with which problem came first, they just want to feel better.

Sally Shrock of Rochester is a patient who experienced symptoms of obstructive sleep apnea. She says her life was changed following OSA treatment. "I love my new sleep appliance! It is not uncomfortable at all and well worth the cost. For the first time in years, I now sleep like a baby with very little snoring. What a blessing that is for me and for my husband."

Self-treatment for snoring or sleep apnea is NOT recommended because one-size-fits-most sleep apnea appliances can hurt, not heal. The incorrect appliance can force patients into a headache/jaw pain spiral. We have unfortunately treated patients in our practice who have been adversely affected by the use of over-the-counter, Internet



Dentally Speaking
by Jeffrey S. Haddad D.D.S.

ordered, or poorly made sleep appliances. When new, precisely measured sleep appliances were made based on their personal muscle physiology, their pain symptoms were relieved and their sleep issues were addressed.

There is a significant increase in the number of patients we

treat for combined obstructive sleep apnea/TMJ disorders. We continue to refine treatment approaches and the design of oral therapy appliances as new information, research and technology have become available. This new research and data about the similarities between TMJ and sleep disordered patients makes it extremely important for dentists to make sure they are placing their patients in muscularly comfortable jaw positions when making dental sleep appliances. We have seen very predictable and successful results with this technique and continue to treat and monitor our patients in this very safe, measured approach.

Jeffrey S. Haddad, DDS 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 and sleep disorders and dental implants. For more information, visit www.rochesteradvanceddentistry.com.

'Dramascapes at the RHPL October 1

Join in the conversation about the effects of entropy on your landscape and your collective memory on October 1 from 7-8:30 p.m. Photographer Jackson Faulkner presents the past in a personal and narrative style. Faulkner travels the country documenting the loss of rural and urban history. Originally raised in Detroit, he now resides in Washington state, which has allowed him to connect to rural roots and preserve them through his unique "Dramascapes." Register at rhpl.org.