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Patients Motivated by COVID to address their Dental Needs

In response to the COVID pandemic, people are trying to do their part to protect themselves and practice a safe and healthy lifestyle. We know that certain medical conditions can put people at an increased risk for severe illness from COVID-19. And what people are realizing is how their oral health can have a direct impact on their overall health. Dental issues have a direct connection with certain medical conditions such as a weakened immune system, obesity, heart disease, and diabetes (all of which increase severe illness from COVID-19). We are seeing many patients who are proactively having their dental needs addressed knowing that it will result in a healthier mouth and healthier body overall. This week I wanted to specifically show how certain



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

dental issues affect the body and could be become "medical" issues if left unaddressed.

We all want to strive for the optimal health, and this could not be truer in today's world. We are all learning about conditions that could make us suscepti-

ble to COVID complications and here is a list of some of the confirmed ailments that are known at this time.

People of ANY age with the following conditions are at increased risk of severe illness from COVID-19:

- Immunocompromised state (weakened immune system)
- Obesity
- Heart conditions such as coronary heart disease, heart failure, or cardiomyopathies
- Type 2 Diabetes
- COPD (chronic obstructive pulmonary disease)
- Cancer
- Chronic kidney disease

Just because something is not hurting you or broken does not mean that dental issues or problems are absent in your mouth. This is an unfortunate misconception for many people. This became a reality for many patients during the shutdown where simple dental issues became complex dental problems. Therefore, we now have many people seeking us out to address their dental concerns before they become bigger health issues.

Here are some of the common dental conditions that directly affect your health:

Gum (periodontal) disease: A very common condition where the gums become swollen, sore, or infected. Bleeding gums are

diseased gums. **Healthy gums do NOT bleed!** Periodontal disease has been linked to diabetes, heart and kidney disease, Alzheimer's and cancer. ALL of these medical conditions are listed above as complications for COVID. **Gum disease can be caused by poor brushing and flossing habits, too long intervals between professional dental cleanings, and older dental crowns and fillings breaking down in the mouth.** So if you are overdue for your normal cleaning visit, or have older dental work that is worn down or over 10 years old, make sure your dentist is monitoring things and making sure it isn't causing you gum issues.

Snoring and Sleep Apnea: Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. If you snore loudly and feel tired even after a full night's sleep, you might have sleep apnea. 70% of ALL snorers have sleep apnea or will in their lifetime. **Complications of sleep apnea include: high blood pressure (hypertension), heart attacks, strokes, Type 2 diabetes, and a weakened immune system due to exhaustion.** Once again, all are listed as conditions that increase the risk of severe complications with COVID-19. If you snore, PLEASE get a sleep test to determine if you have sleep apnea. Our office offers two-night sleep monitors sent directly to your home. This will provide us the information we need to determine if you are suffering from sleep apnea and make you a proper sleep appliance to stop these apneas. If you have severe sleep apnea, we will refer you to the proper sleep physician for treatment if necessary.

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COLUMN

Financial Planning for Business Owners

I have worked with many business owners over the years and I love hearing the stories of how they started. Whether it was working at the family company in various roles and eventually taking charge or starting from



Wealth Strategies
by
Xenia Woltmann

scratch with just an idea, there is a lot to be proud of.

Every business owner has a general idea of when (and if) they want to retire and how the company will continue on after they have left, however, less than 50% have an actual plan in place to ensure their objectives are met. Even more alarming is that significantly fewer business owners have a contingency plan on how the business is to be ran if they are not able to act. It is scary to think about the "what ifs" in life, but without those conversations and despite all the effort they have put into the company, a lack of planning could be catastrophic to their family and their employees.

There are many important questions a business owner can ask themselves. What would happen if I

am unable to work for a short or long period of time? Who would take over the company if I am no longer around to run it? How can I ensure that my family is protected in these instances? What will my employees do? How much income will I need in retirement? Am

I saving enough to meet my lifestyle? Are there other ways to deduct more of my income or reduce my taxes upon a sale?

Unfortunately, business owners tend to focus so much on their business, that they tend to leave personal finances on the back burner. All business owners see the value in the products and services they provide; they are the experts in their field. So why not partner with an advisor, an expert in our field? Lack of time is perhaps the most common reason a business owner does not meet with an advisor. My response is always the same: "Give us 1-2 hours now to save much more time down the road. The benefit of having a partner who understands your situation, watches for potential

pitfalls, helps build your net worth, and enhances your succession far outweighs the alternative."

A guided strategy to ensure financial success is what offers piece of mind. When a business owner knows they are on track,

they can continue to run their company with one less worry. The appropriate steps today can save time and money in the future; and protect everyone involved.

Xenia Woltmann is Vice President of Rochester

Wealth Strategies LLC, an Independent Registered Investment Adviser located in Downtown Rochester.

RWS is a Fiduciary and Fee-Only financial advisory firm. For more information, call 248-434-6550.

Dr. Haddad, Continued from page 16

Just to put things in perspective, recent studies have shown that even mild sleep apnea is TWICE as deadly on your heart as smoking is! This is a very serious ailment that has adverse effects on the heart, brain, and overall health of the body so we need to properly identify those who have this condition, and treat it properly.

We all want to be the healthiest person we can. This takes discipline and the decision to make changes in our diet, routine, habits and medical supervision. COVID-19 is becoming the unfortunate motivator in many people's lives to pay attention to their health and make the necessary decisions to improve themselves. Dental health DIRECTLY

affects your overall health. Many people have realized this and are making the changes in their dental health regime to achieve this improvement. If you have older dental work or recommended treatment from your dentist, now may be the time for you to finally address it. If not now, when?

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.

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