

Sleep Apnea, Snoring, Fatigued? ... It Isn't Just Men!

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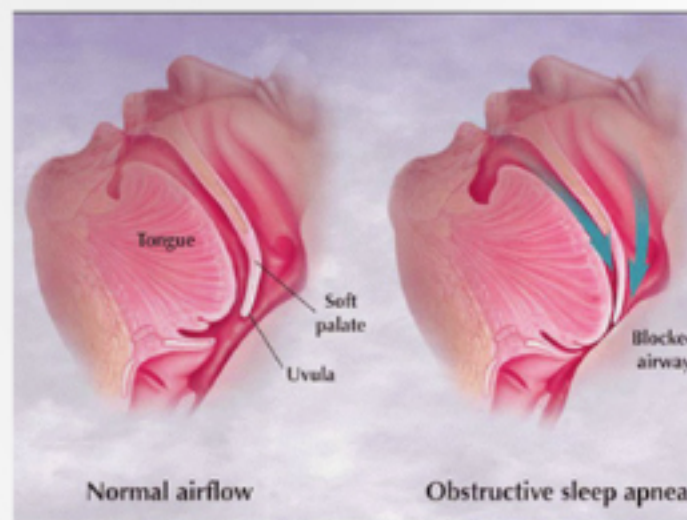
The vast major of sleep related breathing cases go undiagnosed and untreated. An Institute of Medicine report found that an estimated 50-70 million Americans suffer from chronic sleep disorders, including sleep apnea. Nearly 1 in 5 car accidents causing serious injury are associated with excessive daytime sleepiness.

Your Husband - Sleep Apnea

is a potentially life-threatening medical disorder that causes your body to stop breathing during sleep. The muscles in your throat relax and the tongue may fall back and block the airway as you sleep, reducing the amount of oxygen delivered to all of your organs, including your heart and brain. People with sleep apnea may snore loudly and stop breathing for short periods of time. The breathing pauses from sleep cause your body to briefly wake while you remain unaware. This can happen hundreds of times per night, and you may wake up feeling less than refreshed.

In addition to snoring and excessive daytime sleepiness, sleep apnea can cause memory loss, morning headaches, irritability, depression, decreased sex drive and impaired concentration. When left untreated, sleep apnea can lead to hypertension, stroke, heart attack and sudden death while asleep.

Sleep apnea patients are often older, obese and have thick necks, but men and women of any age or body type can have sleep apnea. The sleep disorder progres-



sively worsens with age and weight gain.

You - Upper Airway Resistance Syndrome (UARS)

is argued by many to be the same as mild sleep apnea, however the pathophysiologies are different. UARS is three times more likely to effect women than men. In contrast to sleep apnea, the women affected by UARS are typically 20-50 years old and are not over weight. UARS results from anatomic irregularities or minor breathing impairments. It causes fragmentation in sleep due to respiratory effort related arousals. The nervous system is then activated which in return releases catecholamine (epinephrine and norepinephrine/adrenaline), which results in an increase in heart rate, blood pressure, and respirations.

People who suffer from UARS typically report complaints of fatigue rather than "sleepiness" reported by those suffering from sleep apnea. Studies indicate UARS suffers may have a higher incidence of sleepwalking, sleep terrors, muscle pain (myalgia/TMJ), depression, and anxiety.

Do you think that you or someone you love has a sleep breathing disorder?

Have them answer these simple questions:

- Do you Snore loudly?
- Do you feel tired, fatigued, or sleepy during the day?
- Has someone observed you stop breathing during sleep?
- Have you been treated for high blood pressure?
- Is your Body mass index above 28?
- Are you above the age 50?
- Is your neck circumference above 17" (man) or 16" (female)?
- Are you a female between 20-50 suffering from any of the following- fatigue, muscle pain, jaw pain, headaches, and/or anxiety?

If you have answered yes to three or more of these questions you should be screened for a sleep breathing disorder.

A dentist familiar with sleep disorders, together with sleep physicians, can provide screening examinations and diagnostic tests to determine if you are suffering from any of these disorders and consult with you which treatment would serve you best!

- Here is to a good night's sleep!

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How well do you sleep at night? Are you someone who wakes up around 2am and cannot fall back to sleep? Do you awaken with a morning headache? Do you consider yourself a "morning person" because the rest of the day and evening you feel fatigued? Do you suffer from "TMJ" or chronic muscle pain?



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