



CLARMAIN DENTAL

Patient Newsletter

Spring 2006

Anti-Snoring Appliance

An appliance you wear in your mouth can offer simple treatment options for snoring and obstructive sleep Apnea.

Everyone knows what the word snoring means, and many people tell you distressing stories about their own snoring and that of their partners! Snoring can be a disturbing problem to have, and to be in the presence of a loud snorer can disrupt your sleep and sanity.

Snoring is medically termed as a sleep related breathing disorder. It can be linked to other more serious sleep disorders such as Obstructive Sleep Apnea (OSA) when the person temporarily stops breathing. The severity of OSA is classified from mild to severe, the severity depending on the number of times per hour breathing stops. People with OSA can wake up exhausted.

The risk factors for OSA are obesity, maxillofacial abnormalities, obstructive tonsils and a large tongue. There are several treatment options for snoring and OSA: altering the sleep positions, avoiding the use of alcohol and sedative medications before sleep, relieving nasal



congestion, and reducing weight. There are more specific treatments that include, continuous positive airway pressure devices (CPAP). Also available are a variety of surgical procedures for improving upper airway anatomy, and the use of oral appliances that reposition your lower jaw which can help open your airway and reposition your tongue during sleep, thus reducing snoring. Sometimes

treatments are used in combinations to help you stop snoring and improve OSA.

Prior to treatment of either snoring or OSA with any oral appliance, a complete assessment by your physician and /or sleep disorder specialist is required. This assessment may involve an overnight Polysomnogram to diagnose the sleep disorder. After a complete medical assessment and working with your sleep physician, your treatment could involve the use of an appliance that you place in your mouth when you go to bed.

If you are interested in this treatment option please discuss it with us.

Here is wishing you a quiet, restful sleep, and happy dreams.

Who am I?

Horse power describes her best...Either tearing up the track barrel racing with her horse, or tearing up the track on her purple Honda motorcycle. This country gal knows the meaning of speed shifting. (See Over)

We Welcome New Smiles!

There is no higher compliment for us than to be given the privilege of meeting and serving your family, colleagues and friends. We thank you for your confidence!

Diane Campbell has retired! Brave soul that she is, has managed to survive 27 years in this mad house. Diane will be missed as she was one of the office's greatest assets. We will all miss her and wish her much success (especially with her golf game on Tuesdays). Many thanks to Diane who has blessed our office with her dedication and commitment.



Healthy Smiles For Haiti



Over 7,000 young and not so young have received brushing instructions and a new toothbrush!! Since Oct. 2001, over 2000 pounds of greatly needed dental supplies have been donated to Haiti dental clinics. Free dental treatment has been provided for the elderly and orphans. Be sure to check out the web site for ongoing progress of providing dental prevention and care in Haiti.

www.healthysmilesforhaiti.org

Tooth Truths For Tots

How much toothpaste? Contrary to what you've seen on commercials, you don't need to load your entire brush with toothpaste and make that nice little swirl at the end.

The amount of paste or gel needed for effective cleaning is a pea-sized dab on the top half of your brush. Children under six, however, should only be given 1/2 this amount to prevent excess fluoride consumption.



Our Mystery Person

Congratulations Shelley on your win at the North American International Motorcycle Show, and also on the construction of your new home and barn. Giddy up!!

Did you know?...

...that diabetes directly affects your oral health, and vice-versa? People with diabetes are more likely to have periodontal disease (gum disease), likely because they are more susceptible to infection, according to the American Academy of Periodontology. We have known for some time that when diabetics with periodontal disease lower their blood sugar levels that this often improves their periodontal condition. Research is now showing that this is a "two-way street". When their periodontal disease is treated; treatment alone can markedly improve the diabetes, in some even bringing the blood sugar levels back down into a normal range. If you have, or think you might be at risk for diabetes, discuss it with your Dentist or Dental Hygienist. They may be able to help more than you thought!

Clarmain Staff:

Dr. Peter Clark Dr. Vipin Maini Dr. Opie Chari

Hygiene Team: Cathy, Molly, Lillian, Teresa, Jim, Stephanie

Clinical Team: Anne Marie, Georgina, Tanya, Laura

Reception Team: Barb, Dawn Marie, Giulia, Kris, Shelley

New Patients are always welcome



Please contact us at:
720 Guelph Line, Suite 204
Burlington, ON L7R 4E2
Tel. 905-639-7494
or 905-639-7772

Clarmain Dental Centre Web Site:

Our Web Site www.clarmaincentre.ca will be up and running shortly