



SUMMER 2019

# DR. MEADOWS TOOTH NEWS

## TROUBLE SLEEPING?

"SLEEP APNEA: FIRST LINE OF DEFENSE"  
(PART 1 OF A 3 PART SERIES WRITTEN BY DR MEADOWS)



AN INCREASING NUMBER OF OUR PATIENTS HAVE QUESTIONS REGARDING SLEEP APNEA. RECENTLY WE ATTENDED A SEMINAR WHERE THE MEDICAL COMMUNITY IS LOOKING FOR DENTISTS TO ACT AS THE FIRST LINE OF DEFENSE IN PREVENTION OF SLEEP APNEA.

### SLEEP APNEA: WHAT IS IT? OXYGEN DEPRIVATION

PHYSIOLOGIC SLEEP APNEA	OBSTRUCTIVE SLEEP APNEA
<ul style="list-style-type: none"> <li>MUST HAVE SLEEP STUDY</li> <li>DIAGNOSIS MADE BY PHYSICIAN</li> <li>NECESSITATES USE OF CPAP</li> <li>IF CANULA CPAP USED MAY STILL USE ORAL APPLIANCE</li> </ul>	<ul style="list-style-type: none"> <li>CAUSE MAY BE ENLARGED TONGUE</li> <li>MAY BE FOUND BY DENTISTS</li> <li>TREATMENT BY DENTAL APPLIANCE</li> <li>POSSIBLY PAID BY INSURANCE</li> </ul>

It affects our patients with side affects, such as:

- SNORING
- DRY MOUTH
- POOR SLEEP
- RELATIONSHIP ISSUES WHEN SPOUSES MOVE OUT OF THE BEDROOM
- HEART ARRHYTHMIAS
- ATRIAL FIBRILLATION
- ACID REFLUX
- ADHD IN KIDS
- HYPERTENSION

— all serious health concerns

To address these issues, our office begun utilizing an Epworth Sleep Apnea questionnaire.

We initially have walked many of you through the need for BITEGUARDS, for clenching alone, as an initial line of defense. SOME of you may need the next step as well, OBSTRUCTIVE SLEEP APNEA DENTAL DEVICES. Some of our patients jump past the initial line and directly need a Sleep Apnea device to start with. We can help. Confirmed last month, during a Family members' surgery, I learned that the Medical community expects DENTISTS to evaluate for SLEEP APNEA because we are the ones who should be making the appliances to PREVENT most cases. If you are to need any type of surgery, the medical community NEEDS TO KNOW if you have ANY LEVEL OF SLEEP APNEA, before surgery to avoid complications with intubation..

NEXT ARTICLE TITLE:  
"HOW DOES YOUR NIGHTGUARD HELP PREVENT SLEEP APNEA?"

ASK FOR MORE INFORMATION AT YOUR APPOINTMENT!!!



### SUMMER PARKING!

- UNDERNEATH BUILDING
- 4 SPOTS
- SECOND LEVEL DOWN ON LEFT SIDE



## Q & A:

CONVERSATIONS BETWEEN  
DR. MEADOWS (DR.M) AND  
DR. MELANIE VILLALOBOS (DR.M.V.)



DR. MELANIE VILLALOBOS  
OUR VERY OWN  
MOLLY MCGOWAN  
WINNER (2007)

DR M: "WHAT WAS YOUR MOST ENJOYABLE CORONADO CHILDHOOD MEMORY? DR MELANIE (DR MV)?

DR MV: "OF COURSE THE 4TH OF JULY (4 AM THRU FIREWORKS) BEACH SPOT BETWEEN THE DEL AND SHORES PARKING SPOTS"

DR M: "I HEARD YOU WERE THE CHS-ASB PRESIDENT, THE MOLLY MCGOWAN RECIPIENT AND A "FLYING" CHEERLEADER! WHAT YEAR WAS THAT?"

DR MV: "2006-2007, I WAS CALLED A "FLYER", WE WERE LIGHT AND THROWABLE"

DR M: "DO YOU HAVE A PET?"

DR MV: "OF COURSE! BOTH OF MINE WERE RESCUED!! COCO, IS LIVING AND SISSY IS IN HEAVEN"

DR M: "OTHER THAN BEING A DENTIST AND LOVING YOUR CAREER... HOW DO YOU SPEND YOUR MOST PLEASURABLE TIME OUTSIDE OF THE OFFICE NOW?"

DR MV: "HMMM, MOST PLEASURABLE TIMES NOW... TRAVELING, YOGA AND BAKING... I ENJOY BAKING PASTRIES!

DR M: "I CAN'T COOK OR BAKE A THING! SO, DR MELANIE, WHO TAUGHT YOU HOW AND WHAT'S YOUR MOST FAVORITE PASTRY?"

DR MV: "GRANDMA AND MOCHI" (GEL COVERED ICE CREAM)

DR M: "WATCH OUT, DR MELANIE, AFTER THIS ARTICLE YOU MAY BE RECEIVING REQUESTS!!



"SHOULDN'T WE HAVE A MOCHI SOCIAL??"  
(BE ON THE LOOKOUT FOR A DESSERT DATE!)



## SUMMER SPECIAL !! CLEAR BRACES

FREE WHITENING  
OR

up to \$500 OFF  
ASK US ABOUT IT TODAY!

OUR SWEET DENTAL HYGIENIST NICOLE IS BACK AND WILL BE FILLING IN FOR DEBBIE WHILE SHE'S ON SABBATICAL!



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