



FROM THE DESK OF WILLIAM GRAND, D.D.S.



## **July Newsletter 2024**

**Greetings Dr. William From Grand Family Dentistry!**

### **Sleep Apnea - The Spouse Who Snored**

Besides the sound of your house being sawed in half, what happens when you snore? Your tongue's so relaxed, it caves in to the throat, blocking air passages. In rare cases, when snoring goes ballistic, sleep apnea is the diagnosis.

The Greek word apnea literally means without breath. Three types of apnea exist: obstructive, central and mixed. Despite their differences in root causes, in all three, people with untreated apnea stop breathing repeatedly — sometimes hundreds of times a night for a minute or more.

In fact, a recent Mayo Clinic study found people who have obstructive sleep apnea have a higher risk of sudden cardiac death while asleep at night, a time typically not considered risky.

Sleep apnea is very common (as common as adult diabetes) and affects more than 12 million Americans, according to the National Institutes of Health. Are you overweight and over 40? You can be at risk. Yet sleep apnea can strike anyone, even children.

Untreated, sleep apnea can cause high blood pressure, memory problems, weight gain, and headaches. But fortunately, it can be diagnosed and treated. You (or your spouse) need only listen for the symptoms!

We have an array of responses to sleep apnea. And we work closely with a physician who specializes in sleep disorders. Among the solutions is an oral appliance that clears the airway of obstruction. Close to 100% of our patients report positive results.

And, no surprise, the rest of the family does so as well.

If you have questions or concerns about sleep apnea, please don't hesitate to call us at (844)62-GRAND or email us at [contact@GrandFamilyDentalCare.com](mailto:contact@GrandFamilyDentalCare.com) today.

*Ain't Life Grand!*

Best Regards,

A handwritten signature in blue ink, appearing to read "W.B. Grand, D.D.S.", with a stylized flourish at the end.

**Dr. William B. Grand**

**P.S. If you have any friends or family members who you feel could use our services, please don't hesitate to have them call us. We'll be sure to take "GRAND" care of them.**