

JELINEK JOURNAL

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RESTING EASIER

My Journey to a Sleep Apnea Diagnosis and What I've Learned

There was once a time when, if I didn't get my power nap, I knew I had a long afternoon ahead of me. When I could, I would try to take a 5-minute nap around lunchtime, but even when I got my midday snooze, I often found myself falling asleep on my way home. To mitigate this, I'd crank up my music and roll my windows down, praying I would hit every green light and not have to sit with blaring music as I tried to force myself to stay awake.

Mornings were no better, even after getting eight hours of rest from the night before. I'd start my day with a large cup of coffee, and once I had my second and third cup, I could glide gently into the day. I thought my wife was just a light sleeper when she complained about my snoring. I'd shared rooms with my West Point classmates and peers for years, and no one had complained about my snoring like she did.

Despite my education, I had unknowingly fallen victim to a common practitioner problem — ignoring my symptoms of the obvious. Something was blocking my airway.

After reading articles and research papers about sleep apnea, I went to a seminar. At this event, they were offering free at-home sleep apnea tests, and I decided to give it a shot. What I found was shocking; my breathing stopped 17 times every hour that night. I was diagnosed with having moderate sleep apnea. Rather than continuing to ignore it, I knew I had to act.

Since that test, I've been wearing an oral appliance when I sleep to open my airway passage and mitigate the effects of sleep apnea. Adjusting to this device wasn't difficult, and it feels as though I am wearing a retainer each night. I now refuse to go to bed without it.

I haven't had coffee in two years since I began treating my sleep apnea, and I don't even think about lunchtime naps or blaring music to stay awake. What's even better is that my wife is much happier, sleeps better, and hasn't complained about my snoring at all. You know what they say about the correlation between a happy wife and a happy life. She sleeps better not having to worry about my next breath or deal with my snoring.

I used to look at sleep as a wasted part of the day, but I now view it as being just as important to my health as nutrition.

When you sleep well, you're lifted out of foggy thinking, your decision-making skills are fine-tuned, and overall, you become a healthier person. When I see the warning signs of sleep apnea in a patient's mouth or overhear them complaining about memory problems, cognitive issues, or snoring, I suggest they see a sleep expert for a sleep test. I work with sleep experts every day, and I continue to treat my patients throughout the process, often fitting them for their appliances.

Some patients are receptive. Their mom, grandpa, and aunt all have sleep apnea, so they were bound to get it. Others are shocked. Like me, they thought their symptoms were normal or didn't even think twice about the issues they had until they heard how abnormal these symptoms actually are.

Thankfully, there is more research being done on sleep apnea, and developers have made treatment advancements that go beyond CPAP machines. It is a treatable condition, and we're learning more about it every day.

Take it from the dentist who failed to read his own symptoms for years: Being that groggy isn't normal. Restful sleep is possible, and I'd love to help you find it.

— H. Charles Jelinek, Jr., DDS



IT'S A BIRD! IT'S A PLANE! IT'S ... 3 GREAT FAMILY-FRIENDLY SUPERHERO COMICS



It's no secret that superhero movies are dominating the box office. The highest-grossing movies of 2018 (and the third and fourth highest-grossing of all time) were "Black Panther" and "Avengers: Infinity War." There's never been a better time to be a fan of superheroes or to become a fan of superhero comics. If your kids are interested in reading more about superheroes, here are a few great titles your whole family can enjoy together.

'Ms. Marvel'

Since her debut in 2013, Kamala Khan, aka Ms. Marvel, has been a wildly popular character, and her comic has gained critical acclaim. A 2015 Hugo Award winner, "Ms. Marvel" explores what it means to be a teenager, a first-generation American, a friend, and a superhero. The storylines promote an important message: "Good is not a thing you are, it's a thing you do." In just a few years, Ms. Marvel has become an established superhero in comics, and it won't be long before she steps onto the big screen with a live-action movie.

'Super Sons: The Polarshield Project'

Jon Kent, son of Superman, and Damian Wayne, son of Batman, couldn't be more different. But when a mysterious force threatens the world, these super sons must learn to trust each other — and themselves — to save the day. Based on the hit "Super Sons" comic book series, "Super Sons: The Polarshield Project" doesn't hit shelves until April 2, 2019, which means you and your kids have plenty of time to reserve a copy of this graphic novel at your local comic book shop!

'Champions'

"Champions" is a story about teenage superheroes, but don't expect pizza or relationship drama in these panels. These comics tackle how young people today approach problems, with a readiness to rally together and take matters into their own hands. "Champions" doesn't shy away from hard topics, making it more appropriate for older kids and teens. But that doesn't mean this story lacks heart or humor. Featuring comic favorites like Ms. Marvel and Spider-Man as well as popular newcomers, "Champions" is about identity, purpose, and what it really means to save the world.

Find these titles and other incredible stories at your local comic book shop.

Diagnosis of the Stars *Celebrities Who Are Living With TMJ*

If you live with temporomandibular joint dysfunction (TMJ), you know just how painful everyday actions can be as you battle jaw, head, and cheek pain on a regular basis. Our understanding of the TMJ has greatly expanded, and often times pain issues can be resolved without having to take pain medication.

Burt Reynolds

Not even the bandit himself could withstand the pain that comes with TMJ disorder. In the late 1990s, Burt Reynolds announced he had the disorder after being smacked in the face by a large iron chair. The beloved "Gunsmoke," "Smokey and The Bandit," and "Boogie Nights" star didn't work for three years after the diagnosis and lost a lot of weight, causing the public to question his overall health. Reynolds described his pain as overall nausea and "brain pain that comes up and whips your eyeballs out." As TMJ treatments became more readily available, Reynolds eventually found relief.

Clay Aiken

Like other artists on this list, Aiken's TMJ diagnosis could directly impact his career. The "American Idol" runner-up reportedly admitted to undergoing surgery for the condition and opting for further cosmetic surgery to fill out his jaw. Surgery is not a first-choice solution for TMJ, and there have been no recent updates on Aiken's condition.

LeAnn Rimes

Rising to country music stardom at the young age of 13, LeAnn Rimes has been open and honest with her fans about her severe TMJ disorder. Rimes has canceled tours and shows due to her pain, and it's a battle she invites people to learn more about. In 2014, Rimes canceled a show after her jaw popped out of place and caused deafness in one ear, and in 2016, her disorder caused injury and pain to her bone and jaw.

Iggy Azalea

The Australian rapper announced via Twitter in 2015 that she had been diagnosed with TMJ disorder, though the severity of her condition is unknown. Azalea has been relatively mum on the diagnosis, preferring to find relief outside the spotlight.

You don't have to suffer with TMJ alone. To find out how H. Charles Jelinek Jr., DDS can help you find relief with a treatment plan designed for you, visit NorthernVirginiaDental.com.



Dental Connections



THE LINKS BETWEEN DIABETES AND YOUR TEETH

Your teeth are powerful little tools that do more than just help you enjoy your favorite foods; they can also show signs of life-threatening conditions. Digestive issues, chemical imbalances, and allergic reactions can all produce symptoms in your teeth and gums, but diabetes is one of the most apparent conditions to appear in your mouth. Studies have shown a very strong link between people having severe sleep apnea and diabetes. Some state that if you have severe sleep apnea, you are at a substantial risk for developing diabetes.

Tooth decay and dental problems can be a symptom of diabetes. According to the American Dental Association, 1 in 5 cases of total tooth loss can be linked to diabetes. With a diabetes diagnosis, patients often have trouble creating enough saliva. This can lead to a dry mouth and plaque build-up, which can ultimately cause bad breath and gum diseases, especially if patients ignore routine care and treatment.

Additionally, patients with diabetes are predisposed to developing periodontal disease, which is classified as an infection of the structures that surround your teeth. This can include your gums and the bones that keep your teeth in place. People with diabetes struggle with poor blood sugar, which impacts the health of their gums. In fact, the American Dental Association estimates that 22 percent of those diagnosed with diabetes also have periodontal disease.

Your mouth can clue you and your doctor in to a diagnosis. If you have a higher rate of cavities, your body may be telling you that you cannot produce enough saliva to properly clean what brushing misses. If your mouth is susceptible to infections or you have problems tasting food, diabetes could be to blame, too.

Healthy habits that mitigate the effects of your diabetes can also work wonders for your mouth. Not using tobacco, having a healthy diet, improving your exercise routine, and seeing your dentist regularly are some of the best ways you can foster a healthier body and smile.

Your mouth is one of the most important components to your health, so monitoring it and practicing healthy habits will keep both your smile and your body feeling fresh and focused. Learn more about how H. Charles Jelinek, Jr., DDS can help you by visiting NorthernVirginiaDental.com.

Sudoku

9			1	6		4		
					2			5
7								
3			2	7				
				1	4			6
						8		3
	1				5			2
	2	6						1
		7	9					

Solution on pg. 4

Homemade Corned Beef

INGREDIENTS

- 2 quarts water
- 1 cup kosher salt
- 1/2 cup brown sugar

DIRECTIONS

1. In a large stockpot, combine water, garlic, and all herbs and spices to make brine. Cook over high heat until salt and sugar are fully dissolved. Remove from heat and stir in ice.
2. Once water temp reaches 45 F, place brisket in a 2-gallon zip-close bag, pour in brine to cover, lay flat in a large container, and store in fridge.
3. Brine for 10 days, checking daily to make sure brisket is fully submerged and brine is stirred.
4. After 10 days, remove brisket from brine and rinse under cool water. In a large pot, cover brisket, onion, carrot, and celery with water. Bring to a boil, then reduce heat to low and gently simmer for 2 1/2-3 hours.
5. Remove, slice across the grain, and serve.

Inspired by Food Network

- 2 tablespoons saltpeter (potassium nitrate)
- 1 cinnamon stick, broken into large pieces
- 1 teaspoon mustard seeds
- 1 teaspoon whole black peppercorns
- 8 cloves garlic
- 8 whole allspice berries
- 12 whole juniper berries
- 2 bay leaves, crumbled
- 1/2 teaspoon ground ginger
- 2 pounds ice
- 1 5-pound beef brisket, trimmed
- 1 small onion, quartered
- 1 large carrot, coarsely chopped
- 1 stalk celery, coarsely chopped



3	1	5	9	2	6	7	4	8
4	6	2	7	8	1	9	5	3
9	7	8	3	5	4	1	6	2
2	5	6	4	1	3	8	9	7
7	4	9	2	6	8	3	1	5
1	8	3	5	9	7	4	2	6
5	2	7	1	3	9	6	8	4
6	9	4	8	7	5	2	3	1
8	3	1	6	4	2	5	7	9

Solution from pg. 3

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4 Rainy Day Activities



As the weather warms up, the urge to get out of the house becomes stronger. However, any plans you might have can be abruptly canceled due to rain. If you find yourself stuck inside for the day, here are a few activities to keep you occupied.

Get Bakin'

A wet and chilly day is an excellent opportunity to warm yourself up with some baked goods. Bake your favorite snickerdoodle cookies or fudge brownies, and pour yourself a mug full of hot chocolate or cider to get through the stormy day.

Read a Book

If you have a bookshelf full of novels you've not cracked open, a rainy day is the perfect time to jump in. Settle down on the sofa with a cuddly blanket and enjoy some uninterrupted reading. The rain smattering against your windows creates the perfect background noise to delve into the pages of a new adventure.

Create Your Own Film Festival

Having a movie or TV series marathon is another great way to pass the time. You can watch some of the classics, like "Forrest Gump" or "Singing in the Rain," fill the day with "The Lord of the Rings" series, or start a new Netflix show. If you want to involve your kids in the binge-watching, you can let them pick out one of their favorite movies too.

Piece Together a Puzzle

A rainy day is a great opportunity to pull out a puzzle. You can also grab your friends or family members and make the puzzle a team activity. With the whole day ahead of you, you'll have several hours to devote to one of your favorite hobbies.

Don't let the rain keep you down! Instead, take advantage of the weather and enjoy a cozy day at home.

A man in a blue t-shirt is lying in bed, snoring with his mouth open and eyes closed. A woman in a brown tank top and striped pajamas is sitting up, covering her ears with white pillows, looking distressed. The bed has white linens and a blue and white striped pillow.

DO YOU SNORE?

Snoring is the #1 symptom of a deadly disease called Obstructive Sleep Apnea.

HCJ

H. CHARLES JELINEK, JR., D.D.S.

**IF YOU SNORE, CALL US
TODAY AT 703-584-5996
FOR MORE INFORMATION.**