

JELINEK JOURNAL

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CAN SLEEPING KILL YOU OR YOUR MARRIAGE?

Dr. Jelinek Shares a Colleague's Story

When I read the following story from a colleague, I found many striking similarities between his patients and mine. People living with sleep disorders often don't realize the effect their disorder is having on their life, especially when the disorder is undiagnosed. Because of this, I want to share this story with you.

Most Americans don't get enough sleep, and even those who do may not be getting the quality sleep they need. Snoring may seem like a minor annoyance, but studies show that up to 70 percent of people who snore have something more sinister going on.

Kathy's Story

Kathy, whose name has been changed, made me close the door and asked my assistant to leave. I've known Kathy and her family for more than 25 years, and this was the first time I had seen her so concerned.

With tears in her eyes, she told me she was worried about her marriage. Her husband, a great guy, had recently asked her to move out of their bedroom and into their daughter's room, which was vacated when she left for college. Kathy's snoring had been keeping him awake.

Her husband, Jim, whose name has also been changed, was usually a sound sleeper, but as he got older and his prostate enlarged, he began making nightly trips to the bathroom. Upon returning, Kathy's snoring prevented him from falling back to sleep. He was always tired and grouchy as a result.

Kathy was concerned about what sleeping in another room would do to her marriage. I had written a blog about snoring and a possible solution, so she wanted to know if I could help her.

Kathy did not exhibit the typical signs of someone with sleep apnea. She was thin, never tired, and the epitome of health. She's an exercise and healthful food addict.

Kathy did have one disability, and it was not of her own doing or genetics. Kathy had four of her side teeth removed as a child. In order to close up the space, the orthodontists pulled Kathy's jaw back, causing her tongue to move back and become trapped in a smaller space. It was Kathy's tongue trying to find room that caused her to snore.

I told Kathy I'd be happy to try and help, and after a thorough examination, we made Kathy a mandibular advancement appliance.

It worked like magic. Kathy came into the office unannounced one day with a gift. She was wearing a smile that extended from ear to ear, and she told me that I saved her marriage. Her snoring had stopped, and she and her husband were now sleeping in the same bedroom.

What Is Sleep Apnea?

Obstructive Sleep Apnea (OSA) is a huge problem that is often left undiagnosed. This can lead to significant health implications, including the following conditions:

- Heart attack
- Diabetes
- Stroke
- High blood pressure
- Weight gain or inability to lose weight
- Acid reflux
- Depression
- Frequent nighttime urination
- Memory loss

Sleep apnea can be detected in one of two ways: in a study done in a sleep lab or by utilizing at-home testing devices to be used at a patient's home. There are pros and cons to both methods of testing. During the study, you will be classified into a category based on how often you actually stop breathing: mild, moderate, or severe.

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WORLDS WITHIN PAGES

BOOKS TO ENGAGE THE WHOLE FAMILY



Learning to read opens up a world of possibilities. When your child walks through the back of the wardrobe into Narnia with Lucy Pevensie or rides with Harry Potter on the train to Hogwarts, they connect to something beyond their own experiences.

In the U.S., April 23 is World Book Day, and the date commemorates the deaths of legendary authors Cervantes, Shakespeare, and Garcilaso de la Vega, as well as the birth of author Vladimir Nabokov. World Book Day is the perfect time to sit down with your family and let yourself be transported to new worlds. So, here are three great stories to help you take young readers on brand-new adventures.

For the Elementary Reader: 'Song of the Wild: A First Book of Animals'

"Song of the Wild" makes a great read-aloud book for beginner readers because they can get lost in the beautiful artwork while you read the text. Written in prose and rhyming poems, this book showcases sprawling landscapes — savannahs, jungles, and oceans — and features the wildlife living there. It's worth a read simply to appreciate the colorful depictions of each animal. This book was written by Nicola Davies and illustrated by Petr Horáček.

For the Middle Schooler: 'The Night Diary'

12-year-old Nisha navigates her world after the partition of India creates the new country of Pakistan and her family is forced to leave their home. Her mother may be gone, but Nisha finds solace in writing nightly letters to her in her diary as she discovers what the future holds. Based on author Veera Hiranandani's memories of her own family, this moving tale lets readers experience life through someone else's eyes.

For Teens: 'Brazen: Rebel Ladies Who Rocked the World'

While some might not think of comics as proper reading, Penelope Bagieu's graphic novel forces reconsideration. Her clever, colorful artwork and engaging narrative take the reader through the biographies of 30 women, from Bette Davis and Mae Jemison to lesser-known but equally intriguing ladies like Giordana Reid. All in all, this book provides a great way to get kids excited about history in an entertaining form.

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OSA occurs when the jaw, throat, and tongue muscles relax, blocking the airway. The resulting lack of oxygen can last for a minute or longer and occur hundreds of times each night. Severe OSA and other forms of sleep apnea can be life-threatening, so treatment is important.

Major signs and symptoms of sleep apnea:

- Loud or chronic snoring
- Choking, snorting, or gasping during sleep
- Long pauses in breathing
- Daytime sleepiness, no matter how much time you spent in bed

Other common signs:

- Waking up with a dry mouth or sore throat
- Morning headaches
- Restless or fitful sleep
- Insomnia or nighttime awakenings
- Going to the bathroom frequently during the night
- Waking up feeling out of breath
- Forgetfulness and difficulty concentrating
- Moodiness, irritability, or depression
- Erectile dysfunction

Fortunately, there are treatments available to help manage OSA. Potential treatments include oral appliances, surgery to remove the obstruction, wearing machines called CPAPs that force oxygen into the nose or mouth, and a pace maker-type device that shocks the tongue.

The type of treatment that's best for you depends on the severity of your OSA and the specific cause, including your jaw and facial formation. Only someone familiar with all the causes and treatments can help you make decisions regarding which therapy is best for you.

Once therapy is initiated, one should schedule follow-up appointments to assess its effectiveness. Otherwise, you'll never know if the treatment is helping you avoid the life-altering consequences of OSA.

By the way, Jim has sleep apnea as well, which contributed to him being so tired and grumpy. I referred him for a sleep study after Kathy told me her marital woes and I saw some unexplained chipping on his front teeth when he came in for routine care. Kathy and Jim each wear their own oral appliances and are now back in the same bedroom.

Snoring isn't a prerequisite for having a sleep disorder. It's just one of the signs that you might have one.

As many readers may already know, I also live with sleep apnea. Since I began wearing an oral appliance every night, I sleep easier, feel great, and haven't succumbed to daily naps. Even better, I know my wife is resting easier each night because she isn't worried about me, and I'm not keeping her awake.

I was clueless that I had sleep apnea until I underwent a sleep study. If any of the above mentioned symptoms sound familiar to you, please call our office for a sleep apnea consultation. You don't have to go to bed each night wondering if you'll wake up rested the next morning. Let us help you and your loved ones find relief.

— H. Charles Jelinek, Jr., DDS

Floss Boss

WHY YOU SHOULD COMMIT TO A FLOSSING ROUTINE

Have you ever wondered why dentists push flossing so much? The answer is simple: It's the No. 1 way to ensure healthy gums!

Each tooth has five surfaces that need regular cleaning, and only the top, front, and back of your teeth are scrubbed properly with twice-daily brushing. A toothbrush does not have the shape or flexibility required to clean the sides of your teeth. By gliding a string of floss in between your teeth, you shake loose wedged food and plaque particles. If left alone, this plaque build-up could lead to cavities or periodontal disease, which will ultimately impact the rest of your body. In fact, insufficient oral hygiene has been linked to increased rates of diabetes and cardiac, liver, and kidney diseases.

Still, some patients remain unconvinced, and a 2016 Associated Press report certainly didn't make dentists' jobs any easier. The report detailed 25 studies that found flossing wasn't a one-stop shop for preventing periodontal disease.

This is problematic. Flossing has not been disproven as effective, nor has it been shown to be harmful. Additionally, dentists have never claimed that flossing was the only way to prevent oral diseases. Instead, experts suggest it as an easy, quick, and highly effective tool that can be added to any oral hygiene regimen.

Flossing goes a long way toward keeping the sides of your teeth clean and healthy, but quality also matters when it comes to floss. The best floss to use depends on the spacing between your teeth, as floss varies in thickness. Those with dexterity issues can floss with one hand by using a pick that has a strand of floss pulled tight between two prongs.

Each time you use standard floss, cut a strand between 12–18 inches long and run it up and down each side of each tooth. Bleeding or pain may be common as you begin flossing, but if problems persist, consult with a dental professional. This may be a sign that a more severe problem is surfacing.

Flossing is an essential part of the healthy oral hygiene routine we promote at H. Charles Jelinek, Jr., DDS. Learn more about how our experts can help you by visiting NorthernVirginiaDental.com.



Sudoku

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

Solution on Pg. 4

Pasta Primavera

Inspired by Food Network

INGREDIENTS

- 12 ounces pasta, ideally fusilli
- 1/2 pound broccoli florets
- 2 carrots, shredded
- 1 yellow bell pepper, cut into strips
- 1/4 cup extra-virgin olive oil
- 4 cloves garlic, thinly sliced
- 1 pint cherry tomatoes, halved
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup grated Parmesan cheese, ideally Parmigiano-Reggiano
- Kosher salt, for pasta water and to taste

DIRECTIONS

1. In a large pot, liberally salt water and bring to a boil. Add fusilli and cook according to package directions. Add broccoli, carrots, and bell pepper during the last 2 minutes of cook time.
2. Drain the pasta and veggies, reserving 1/2 cup of cooking liquid. Return pasta and veggies to pot.
3. In a large skillet, heat olive oil to medium heat. Add garlic and cook until translucent and golden, 30 seconds. Add tomatoes, red pepper flakes, and 1 teaspoon salt. Cook until tomatoes are wilted, about 2 minutes. Stir in reserved pasta water.
4. Add tomato mixture to pasta pot, stirring to coat evenly.
5. Divide into bowls, top with Parmesan cheese, and serve.



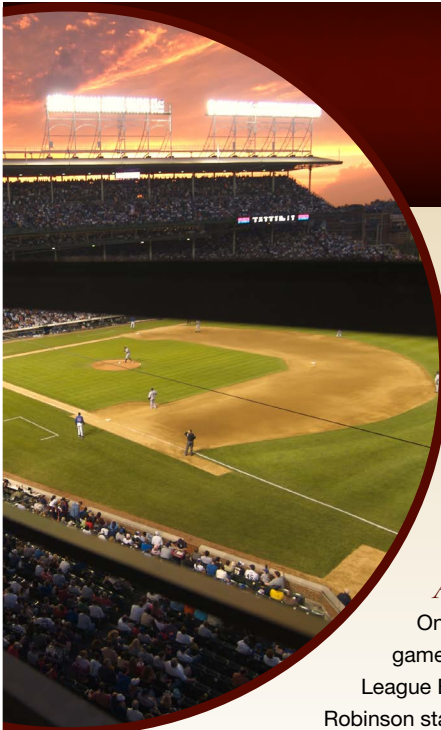
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Peanuts & Cracker Jacks

Baseball's opening day has been an American holiday of sorts since the Cincinnati Red Stockings threw out the first major league pitch in 1869. To celebrate the start of the 150th season of professional baseball, here are three of the best opening days in baseball history.

A New Beginning

On April 15, 1947, an opening-day game changed the course of Major League Baseball. On this day, Jackie Robinson started for the Brooklyn Dodgers, becoming the first African-American player to start for a major league baseball team. Robinson's historic showing was lackluster, going 0-for-3 at the plate and making a solid showing on the infield at first base, but his mere presence in a Dodgers uniform had already broken history. Despite his nationally-recognized skills — Robinson was named MVP of the MLB farm team league in 1946 — the

backlash that followed his rise to the pros, both from fans and teammates, was palpable. Still, as well-known sportscaster Howard Cosell said, "Suddenly, it was a new beginning."

Lou, Combs, and Babe — Oh My!

Considered one of the best teams in baseball history, the 1927 New York Yankees started their historic run and 25th season by dismantling the Philadelphia Athletics with a score of 8-3. The slugfest was true to form for the 1927 Yankees, whose players would go on to make up baseball's famous "Murderers' Row." With sluggers like Lou Gehrig, Earle Combs, Babe Ruth, Mark Koenig, Bob Meusel, and Tony Lazzeri, it's no wonder this team went on to win its fifth championship that year.

The Hammer Ties Bambino

For decades, no one could match George Herman Ruth. The Great Bambino's all-time home run record seemed like an impossible feat of strength — that is, until Henry "Hammerin' Hank" Aaron came along. On opening day, April 4, 1974, Aaron smashed his 714th homer, tying Babe Ruth for the most home runs ever hit and extending the Atlanta Braves' shutout lead over the Cincinnati Reds. A few weeks later, Aaron surpassed Ruth's record, prompting a standing ovation from the crowd.

IF YOU'RE STRUGGLING TO STAY AWAKE, WE CAN HELP.



HCJ

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

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