

Greetings from Platinum Dental Inc.,



*Happy Spring!*

In this Issue: Earth Day, Sleep Apnea, Patient of the Month and Easter Specials.

What is Earth Day? Each year on April 22nd marks the anniversary of the environmental movement that started in 1970. At the time Americans were guzzling gas with their V8 sedans and air pollution was accepted as the smell of prosperity. What a way to live, right? Well it's a good thing this movement came along. You can make a difference on Earth Day, maybe plant a tree, start recycling and save energy. We need to take care of this planet we live on. If we don't who will?



### What is **Sleep Apnea**?

Sleep Apnea is a disorder that prevents the body from getting a sufficient amount of oxygen during sleep. One of the most common complaints is snoring (usually reported by the partner). It is important to understand the sleep apnea and snoring is not the same thing. In other words you can snore and not have sleep apnea. While sleeping, a person with sleep apnea will literally stop breathing for small periods of time. Sometimes they wake up gasping for air. During these periods of time oxygen levels drop dangerously low which cause irreversible brain damage.



Over 12 million Americans have been diagnosed with Sleep Apnea and that includes men, women and children. Most of the people diagnosed are older male adults.

### Causes of **Sleep Apnea**

1. Feeling tired/sleepy
2. Difficulty concentrating
3. Dozing off easily while sitting down
4. snoring
5. Repeatedly waking up gasping for air.
6. Not breathing for several seconds while sleeping.

Treatment for **Sleep Apnea**

Treatment of sleep apnea depends on the severity as well as other factors. Oral Appliance Therapy has proven to be effective in treating sleep apnea. It is much more comfortable than the CPAP machine, don't cause irritation and are much more portable. Depending on the severity a CPAP machine may not be necessary. Some people have found relief through natural remedies. For example, losing weight, cutting out certain foods from your diet, reducing alcohol consumption or even taking vitamins.

Go from this...	To <u>this!</u>
	 <p data-bbox="876 819 1071 892"><b>Fits in the palm of your hand!</b></p>

Please consult your doctor to see which vitamins and minerals are good for you.

Sleep Apnea is a deadly disorder and while there is no cure for it, there are many ways to keep it under control. We can help you fight this disease and avoid the long term health effects caused by sleep apnea.

Monthly Raffle Winner:  
**!!!Barbara Peterson!!!**



### Take-home Teeth Whitening Kit

(\$199 value)

Kit includes:

- 1 custom tray (1 arch of your choice)
- 2 tubes of bleaching gels

You have 30 days to claim your prize!

\*\*Would you like to be next month's winner? It's easy, just come in for your check up and cleanings and you are automatically entered. You can also increase your chances by writing us a nice online review. So instead of one entry you get two. That is twice the chances of winning. Good luck next month and we hope you are our next winner.

[HOP](#) in and check out our [Easter Specials](#)



Have a great day,  
Platinum Dental Inc.,

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