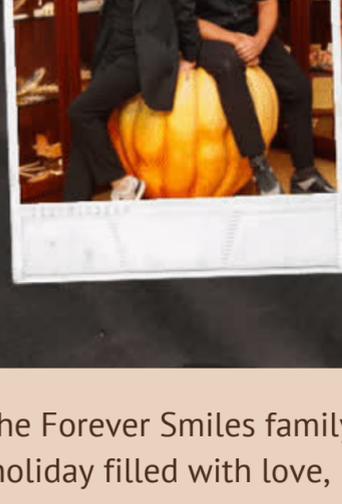


# FOREVER SMILES

THINGS WE'RE THANKFUL FOR.

HINT: ONE OF THEM IS YOU!

Things we are grateful for . . .



including you!

From the Forever Smiles family to you and yours, we wish you a holiday filled with love, laughter and great food!

Our team spent some time recently sharing what each of us is grateful for. And one thing we all agree upon is that our clients are amongst the things in this life we are so very grateful for.

Take a peek at what our team had to say about the gratitude they feel -- even amidst the craziness that is 2020 -- for their family, their jobs, each other, and clients like you!



## IS AN UNDIAGNOSED SLEEP DISORDER AFFECTING YOUR CHILD'S HEALTH?

Have you noticed that your child is suffering from daytime sleepiness, has difficulty concentrating in school or seems cranky? Sleep disorders impact as many as 30 percent of teens and pre-adolescents and it is estimated that as many as 10 percent can suffer from obstructive sleep apnea (OSA).

Getting 8.5 to 11 hours of quality sleep, depending on age, is essential to healthy growth, development and function. On the flip side, not getting enough sleep can impact focus, while causing sluggishness and irritability. Sleep deprivation can also affect overall health!

But how can you tell if your child is suffering from Sleep Disorders? Common occurrences, such as nightmares, or learning issues could be linked to your kiddo's orthodontic health! That's right, here are some symptoms of sleep disorders to keep an eye out for. If your child suffers from as little as one of these, we recommend scheduling their Phase 1 orthodontic treatment to ensure that their dental health is on the right track.

- Mouth breathing while sleeping
- Snoring
- Teeth grinding
- Night terrors or bad dreams
- Sleep walking, talking or screaming
- Bed-wetting more than once a week
- Headaches
- Excessive daytime fatigue and/or daydreaming

Dr. Yan Razdolsky and the Forever Smiles team have treated many patients with airway problems. They study facial growth, development and airway passages, so they are eminently qualified to help screen patients for OSA issues with early orthodontic screenings as early as age 7. The earlier the treatment plan, the better the outcome for your child.

Book your Forever Smile at [Razdolsky.com](http://Razdolsky.com).

