

FOREVER SMILES BRACKET CHATTER

SEPTEMBER 2017

Official Newsletter from Dr. Yan Razdolsky Specialist in Orthodontics for Children & Adults

PEAK PERFORMANCE & BREATHING: PART II

Obstructive Sleep Apnea

Last month we published an article on Peak Performance & Breathing. As part of a continuing dialog on the impact and importance of Orthodontics on breathing, we present this discussion on Obstructive Sleep Apnea. At Forever Smiles we encourage patients to learn more about oral systemic health and how we improve their wellbeing and standard of care through orthodontics.



Do you or someone you know suffer from daytime sleepiness, have difficulty concentrating in school or sometimes feel cranky? You might think it's time for a Snickers (which are terrible on braces btw), but maybe not. 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).

Obstructive sleep apnea occurs when the tissue at the back of the throat collapses during sleep keeping air from getting to the lungs. It can happen a few times per hour, or as many as several hundred times per night! Imagine, these pauses in breathing waking you up every time, disturbing your sleep. While you may be thinking you're sleeping a lot, in fact, this disturbed sleep amounts to only a few hours of fit sleep per night.

Dr. Yan Razdolsky and the Forever Smiles team see a lot of patients with airway problems. They study facial growth, development and airway passages, so they are eminently qualified to help screen patients for OSA issues and strongly recommend early orthodontic screenings as early as age 7. The causes of OSA are varied, and can range from a soft tissue obstruction to palatal development or even jaw alignment. It has even been discovered that as many as 50 percent of OSA cases involve the bony structure that surrounds the airway. Through upper arch expansion and by advancing the mandible, or jaw bone, an orthodontist can sometimes address the underlying cause of OSA. The earlier the treatment plan, the better the potential outcome for the patient.

"Using the latest digital imaging technology and orthodontic tools we can identify, treat and potentially prevent sleep-related breathing disorders in children," said Dr. Razdolsky. "We may even be able to reverse the condition in adolescents and adults."

Getting 8.5 to 11 hours of quality sleep, depending on age, is essential to healthy growth, development and function. Not getting enough sleep can

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YAN RAZDOLSKY D.D.S., L.T.D.



O R T H O D O N T I S T

FOREVER SMILES

DID SOMEONE SAY FIELD TRIP?

October is National Orthodontics Health Month. At Forever Smiles, we love taking this time to educate school-aged children and groups aged 7 to 13 about the fascinating field of Orthodontics. That's why we offer fun and educational field trips to our office to help teach our young community about orthodontics while simultaneously helping local schools, clubs and organizations in making a positive impact in our area.

As part of a scheduled field trip participants get a "behind the scenes" tour of our offices, meet our friendly dental and orthodontic professionals

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Congratulations!



Camille K.

Our ON-TIME
August Winner

Obstructive Sleep Apnea

impact focus, cause sluggishness and irritability. Sleep deprivation can also affect overall health, weight and even your complexion. Although there are a lot of studies and literature on sleep related issues, it is often surprising how little of it is directed to the child or teen. These patients know first-hand what the symptoms may feel like and are often the first at recognizing their own issues. So, if you find that you or someone you know is suffering from symptoms mentioned here on a regular basis, and a Snickers just doesn't seem to satisfy... talk to Dr. Razdolsky or a Forever Smiles member. A good night's sleep is a beautiful thing.



The Best Teacher ever!

Do you think your teacher is the greatest?

At Forever Smiles we think all the best teachers teach from the heart. That's why we would like to let them know just how much they're loved.

Simply share with us on our Facebook page why you think your teacher is so awesome. If we agree, your teacher could win a Philips Sonicare FlexCare toothbrush!

It's easy, and everyone gets a Popsocket phone grip just for entering their teacher to win. Entries must be posted to our Facebook page no later than October 31, to be eligible.



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PHILIPS
sonicare

- Built-in Bluetooth®
- Smart brush sensors
- 3 modes & intensities
- 3 brush heads

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DID SOMEONE SAY FIELD TRIP?

and discover how we align teeth using science and modern technology. In this fun and interactive program, we discuss our techniques and explain the importance of maintaining good oral hygiene. In addition, we serve delicious and smile-friendly snacks and participants even receive goodie bags with toothpaste, toothbrushes, floss and an age-appropriate gift.

If you know a group or organization who would benefit from an educational field trip, please reach out to Anna at anna@razdolsky.com. Perhaps together, we can inspire a future Orthodontist!



In Closing

Thank you for being part of our Forever Smiles Family. If you have any questions about this newsletter or anything else, please do not hesitate to contact us at our Buffalo Grove office: 847-215-7554 or via email: yan@razdolsky.com. We look forward to providing you and our community with even more reasons to smile!

Truly,

www.razdolsky.com

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Orthodontist for Children and Adults

