



Top 5 Tips for Getting Healthy

- 1 EAT SIMPLE AND SMART:** Use common sense with meals. If you have to question whether or not the jumbo energy drink from the gas station is healthy, it's probably not. Your refrigerator should be filled with fruits, vegetables, lean protein, and your pantry stocked with whole grains. Strive for moderation with desserts and other treats.
- 2 KEEP AN OPEN MIND:** Find a fitness routine that works with your schedule and focus on types of exercise you enjoy. Yes, exercise can be fun! Take a walk with the dog, train for a 5K run or set a goal to ride your bike a few days a week. Fitness shouldn't be complicated and can be achieved no matter your age or location.
- 3 CONNECT WITH FELLOW ATHLETES:** Workout buddies provide a strong support system to help you stay on track.
- 4 DON'T GIVE UP:** One workout, one meal, one day at a time. No one said changing your habits and adapting to a new routine would be easy, but it's worth it. That's why having the patience to take one day at a time is so important. Focus on the end goal to push through those rough days.
- 5 THERE IS NO MAGIC PILL:** Losing weight and eating healthy is a process a slow process and shortcuts never work. Drastic diet plans usually call for some unhealthy products or eating restrictions.



It's Just Snoring..... z z z z z z z

As we approach middle age, it's common to start snoring for both men and women. Snoring is a sign that you're not getting enough air with each breath. Snoring and pauses in breathing mean that your airway has closed. This is Obstructive Sleep Apnea. If anyone tells you that you pause in breathing, snort or gasp while sleeping, or you consistently feel unrested in the morning you should be evaluated for Sleep Apnea.

Snoring doesn't bother the snorer, but it may cause sleep deprivation to your bed partner. Their lack of sleep can also have physiologic consequences too.

Proper sleep "stages" throughout the night are important for the body to repair and restore different organs and systems while we sleep. We typically should go through 4 sleep "stages" every 90 minutes or so, throughout the night. Each sleep stage has its "job" of what gets restored. Snoring, restless sleep, gasping, frequent waking can all be signs that you have Obstructive sleep apnea; a potentially deadly condition.

In a recent study, 744 college aged patients who had only mild/moderate obstructive sleep apnea and normal blood pressure at baseline were followed for high blood pressure.

There was a strong association for young and middle-aged adults to develop high blood pressure because of their mild-moderate sleep apnea. They also had a higher statistical onset of metabolic syndrome (early diabetes). Older adults (over age 60) didn't develop high blood pressure. Age seemed to be a benefit.

If you or someone you know has symptoms of sleep apnea, the earlier it is diagnosed and treated, the healthier you will be over the decades.

Many people only know about "THE MASK", or a CPAP as the way to treat apnea or snoring. Dental appliances are an alternative to CPAP in treating sleep apnea. Oral appliances are easy to wear and travel with. They require monitoring by a specially trained dental sleep dentist such as Dr. Talley. If you, or someone you know has symptoms of sleep apnea, such as snoring, we can help get them diagnosed and treated before high blood pressure and pre-diabetes develop. Oral appliances are gaining popularity for their ease of use, travel, and effectiveness.

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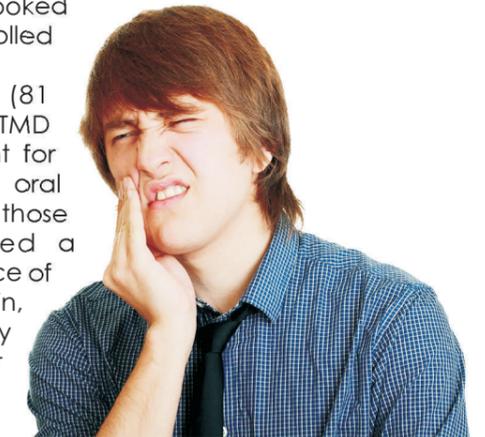
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Tips for Getting Healthy

Long-term Treatment for Adolescents with TMJ Concerns

There was a recent study regarding long-term treatment outcomes for adolescents with temporomandibular joint (TMJ) pain.

In this study, their aim was to evaluate long-term, self-perceived outcomes in adulthood for individuals treated as adolescents for TMD. To find this, they looked at two previous randomized controlled trials.

There were 116 participants (81 percent female) treated for frequent TMD pain in previous years. The treatment for these individuals consisted of an oral appliance or relaxation training. For those that participated, they answered a questionnaire based on their experience of "frequency and intensity of TMD pain, impaired chewing capacity, and daily social activities, help-seeking behavior and treatment, general health, other pain and depressive symptoms," according to the study.



Older participants reported lower levels of frequency and intensity of TMD pain, impairment and depressive symptoms. They also reported better general health. Females, which were the majority of the participants, reported more frequent and more intense pain associated with the TMJ. They also reported greater impairment and more often reported other pain compared to males.

From this study, we understand that adolescents treated with oral appliance therapy showed a somewhat better sustained improvement over the extended follow-up period than those treated with relaxation therapy. This highlights the need to pay closer attention to these groups. By looking closer at this information, we can extend or create different treatment plans to improve patient outcomes.

Keep an eye out for adolescent patients that might be experiencing TMJ pain and think about the long-term goals. By helping this patient population, we can better equip them for adulthood. Please make the appropriate referral.

Improving quality of life is our primary focus.

It is what makes us different.

And it explains why patients from all over Oklahoma and across the Midwest (as well as their dentists and physicians) trust our credentials to deliver consistently excellent care – care that gets results – for more than 45 years.

The Painful Truth about TMD and How to Help

Temporomandibular joint disorders (TMD) refer to a cluster of conditions that are often characterized by pain in the temporomandibular joint (TMJ) or its surrounding tissues. The surrounding tissues might include the neck, head and even shoulders. Conditions involving the TMJ are so common among the adult population that up to 75 percent show at least one sign of TMD upon examination. Let's take a look at some of the instances in which TMD can cause further complications and how to educate your patients.

Further Complications

Evidence continues to be available about TMD and how it can be worsened by other conditions. Today, it has been shown that anxiety, stress, and other emotional disturbances may worsen TMD. Some of the common signs of TMD include:

- Jaw pain
- Limited or painful jaw movements
- Headaches
- Neck pain or stiffness
- Clicking or grating within the joint
- Inability to open mouth without pain

It has been shown that about 55 percent of patients with chronic headaches who were referred to a neurologist actually have signs of TMD. Without the education on TMD, signs and symptoms often go overlooked and no treatment can be found.

Improvement with Treatment

Signs and symptoms of TMD improve over time with at-home care and oral appliance therapy from our office. Previous studies have even show that as many as 50% of patients improve in one year and 85% improve completely in three years. Encourage conservative treatment before any invasive options are considered. It is important to treat patients properly without causing further complications.

Screen orthodontic patients for TMD

There is a growing need for orthodontists to screen and evaluate their patients for temporomandibular dysfunction (TMD). It is even more important to discriminate between major and minor signs and symptoms of TMD if they are discovered during screening. If the patient has major TMD complications, the orthodontist will need to decide whether to take on the responsibility of management prior to initiating orthodontic treatment.

If you decide not to, then an appropriate referral will need to be made before orthodontic treatment is completed. And, similarly, orthodontists should also be ready to respond appropriately when a patient is referred specifically for the treatment of TMD. Remember to also follow current scientific concepts about TMD-orthodontic relationships.

If TMD signs and symptoms arise during orthodontic treatment, orthodontists must be cognizant of proper procedures. And because there is some potential for the development of TMD complications after orthodontic treatment, it is important for orthodontists to be prepared to react properly. We owe it to our patients to provide the best care possible.

How to Spot Sleep Apnea Early

Do you find yourself struggling to feel rested? Do you have mood and memory problems? Those issues might be caused by obstructive sleep apnea (OSA), a disorder that occurs when you struggle to breathe freely throughout the night and can lead to fragmented sleep.

An overnight sleep study or a Home Sleep Test are the two test options for diagnostic obstructive sleep apnea. CPAP technology is often recommended; however, oral devices are now highly recommended and successful. Sleep apnea affects 18 million Americans and there are certain characteristics that can put you at a higher risk for the disorder. Look out for these five:

- Higher BMI: While not everyone who is overweight or obese has sleep apnea, carrying around extra weight greatly increases your risk. The reason: being overweight puts added pressure on your respiratory system, making it harder to breathe at night.
- Large Neck Circumference: Pay special attention if your neck measures 17 inches or greater (for a man) or 16 inches or greater (for a woman) in circumference. The extra weight of a larger neck pushes on the airway while you sleep.
- Snoring: About half of everyone who is a loud snorer has sleep apnea. The sound of snoring is caused by not breathing freely. With sleep apnea, snoring can actually get so loud and disruptive that it sounds like you're choking or gasping for air.
- Smoking and Alcohol Use: Alcohol can relax the muscles in the throat, which makes it easier for them to get obstructed. And smokers are also at a higher risk for sleep apnea possibly because the tobacco irritates and inflames the upper airway, causing it to narrow.
- Small Airway: Since sleep apnea occurs when you have trouble breathing at night, it makes sense that having a smaller airway can increase your risk. There are many reasons that yours might be small. For instance, maybe it's just the natural shape of your nose and throat, or perhaps you have a large tongue or tonsils, or maybe you have bad allergies.

Sleep apnea affects 18 million Americans and there are certain characteristics that can put you at a higher risk for the disorder.

Some of these factors like the size of your neck and the size of your airway are obviously things that you can't change. But there's good news! You can try making lifestyle changes, such as getting your weight into a healthy range and reducing or eliminating tobacco and alcohol, to lower your risk for the disorder. If you suspect that you may have sleep apnea, talk to your doctor about the appropriate protocols for diagnosing and treating obstructive sleep apnea.



Meet Mike Rogers, Digital Imaging Technician

Mike Rogers, Digital Imaging Technician, has been with the practice for 33 years. Mike was born and raised in Cushing, Oklahoma. He holds his Bachelor's Degree from the University of Oklahoma in Vocal Music Education and is an Advanced Level TMJ Assistant through the American Academy of Craniofacial Pain (AACCP). He does the CBCT imaging and other digital imaging and photographs, as well as assisting with patient care. Mike is also the physical plant manager. He and his wife, Nancy, have been married 45 years.