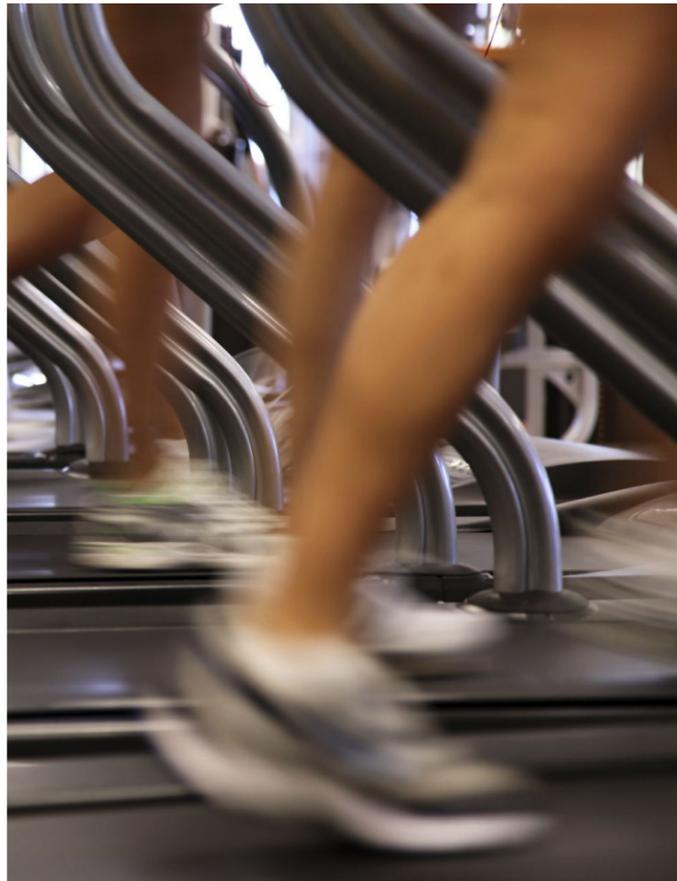




Take a walk for better overall health



Here are a few of many great reasons to walk:

Walking prevents Type 2 diabetes. Walking 150 minutes per week and losing just 7 percent of your body weight (12-15 pounds) can reduce your risk of diabetes by 58 percent.

Walking strengthens your heart.

Walking is good for your brain. In a study on walking and cognitive function, researchers found that women who walked the equivalent of an easy pace at least 1.5 hours per week had significantly better cognitive function and less cognitive decline than women who walked less than 40 minutes per week.

Walking is good for your bones. Postmenopausal women who walk one mile each day have higher whole body bone density than those who walk shorter distances.

Walking helps alleviate symptoms of depression. Just 30 minutes, three to five times a week for 1 week reduces symptoms of depression as measured with a standard depression questionnaire by 47 percent.

Exercise *Continued from Page 1*

crucial for memory and spatial navigation.

Kids' brains also benefit from exercise. A study of grade-school children, which was presented at the Pediatric Academic Societies in Denver, found that those who exercised while looking at geography lessons increased their state tests scores from an average of 55 percent to 68.5 percent. And, student athletes proved that they were faster thinkers than non-athletes in a study published in **Medicine and Science in Sports and Exercise**. The researchers concluded that the college-age athletes were better at processing information quickly.

At Craniofacial Pain Associates of Oklahoma, Inc., we serve individuals of all ages whose quality of life is diminished due to dysfunction of chronic headaches, TMJ-related pain, snoring, sleep apnea or other sleep-disordered breathing problems.

Learn more by visiting us online at www.tmj-pain.com.

Exercise elevates mood, brain power

Studies show that, in addition to improving your body, a strenuous workout enhances your mood and brain size.

Depressed? Working out can raise your spirits, and the harder, the higher. According to new research by the British Psychological Society, you get a significantly greater mood boost with vigorous exercise than with less strenuous workouts. The scientists studied moods of the subjects before, during and after the workouts and found that only the intense exercisers still had considerably elevated moods 20 minutes after their workout.

But, it's not just your mood that

will be enhanced; it's also the size of your brain. A study published in *Proceedings of the National Academy of Sciences* showed that adults ages 55 to 80 who engaged in



one year of aerobic exercise increased the size of the hippocampus, the area of the brain

Continued on Page 4

DR. ROBERT L. TALLEY



Congratulations to Dr. Talley who recently celebrated his 40th year in practice.

Dr. Talley celebrates 40th year in practice

Dr. Robert Talley recently celebrated his 40th year in practice. Dr. Talley graduated from UMKC School of Dentistry in Kansas City, Missouri in 1971. In 1984, Dr. Talley's practice focused on restorative dentistry. Now, his practice is limited to diagnosis and treatment of head, neck and craniofacial pain, temporomandibular disorders and dental sleep medicine.

"These forty years have passed quickly," stated Dr. Talley. "In that time, I have seen many changes within the industry. We have adapted with those changes. And I pleased to say I still love what I do!"

Page 2 - Snore U App

Page 3 - Love your snorer

Page 4 - Walk for better health

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 30 years.

Craniofacial Pain Associates Q&A

Q: My physician tells me I have "sinus headaches." A friend of mine said she read an article about TMJ headaches. When she told me about what the article said, I'm now wondering if there is a connection.

A: So called sinus headaches can easily be misdiagnosed. Many headaches are blamed on sinus congestion, when their sinuses are absolutely normal. Surprisingly, the culprit is the jaws, the joints and the surrounding muscles which can refer pain into all areas occupied by the sinus. A particularly sneaky culprit in sinus headaches is a muscle called the medial pterygoid. This muscle lies deep, on both sides, where the back of the mouth near the borderline of the throat. When it becomes irritated, pain will be felt just below the eyes in the area of the sinus. Other times, the masseter muscle on the side of the cheek will become irritated and pain will be felt in the sinus above the eyes. Left untreated, your problem may become worse with time which leads to degeneration in the jaw joint and even in the structure of the muscles themselves. True sinus problems are most often accompanied by a fever and an elevated white blood cell count. Heavy fluid build-up in the sinus causes a painful sensation when the head is moved rapidly. If these signs are present, the

probability of a TM dysfunction problem is very high. The answer is YES.

Q: I was struck by lightning a few months ago and since then have had nothing but problems with my jaw joints and terrible headaches. Have you heard of this before?

A: The reason you are experiencing these symptoms may very well be the lightning strike. The force of a strike or shock running through the body causes the teeth to bang together hard. This is one reason for a TMJ disorder. This quick banging causes damage to the TM joint. Electric current generally passes through the body along the path of least resistance through tissue fluids, blood vessels and nerves. Muscle damage occurs initially from the current's direct effects and later from disruption of the blood supply. Symptoms of lightning or electrical shock include: depression, generalized anxiety, sleep disturbance, panic attacks, restlessness, fatigue and loss of energy, memory deficits, reduction in pain threshold, impairment of eye-hand, loss of muscle control, blindness, hearing deficit, loss of speech, limb paralysis or loss of function.

IPad app helps detect frequency, volume of snoring



Snoring U for iPhone, iPad and iPod Touch was developed to help people who snore, as well as their spouses. This app may not help you stop snoring completely, but it uses a radical new approach to help stop individual snoring episodes. SU also helps you learn how often and how loudly you snore by recording your sleep sessions to review when you wake up.

Snoring U Testimonial

This application works extremely well. I received a new dental appliance and needed away to track my sleep pattern using my iPad-2. After much research, I installed this application and used it on the same night I began using my dental appliance. I started the session before I went to sleep and in the

morning, I reviewed my sleep pattern for the night. I was amazed. And because this application records audio, I am able to hear how loud my snoring was. It was minimal. Armed with this information, I showed my dentist who fitted me with my sleep appliance this application and he too, was very impressed with the amount of data it shows.

(Information from [Itunes.apple.com](http://itunes.apple.com))

Six ways to love your snorer

A recent study of over 4,900 snoring patients confirms that snoring is no laughing matter when it comes to sex and divorce. Snoring puts tremendous stress on relationships.

- An estimated 45 percent of the population snores occasionally. Over 90 percent of snoring couples sleep in separate bedrooms. Sleep deprivation due to a partner's snoring makes it a challenge to be cheerful in the morning and can have a negative effect on the rest of their day.
- Snoring can have negative effects on the sexual function of the snorer as well. The findings confirm another study that a significant number of heavy snorers have reduced sexual drive and over 50% of snoring men also experience erectile dysfunction.
- The average volume of snorers is 60 decibels, about as loud as normal speech, but really loud snorers can reach 80 decibels, the level of a loud yell. Record setters have registered at 90 decibels.
- Snoring occurs because of vibration of tissues in the throat or behind the tongue. These tissues include an excessively large tongue, tonsils or soft palate and elongated uvula the punching bag in the back of your throat. When these tissues block your windpipe during sleep, you stop breathing, a serious condition known as sleep apnea. Snoring is one of the major signs of this deadly disorder. This interrupted breathing causes the concentration of oxygen in your body to drop, leading to fatigue, depression, high blood pressure, heart disease and sexual dysfunction.
- "Snoring is the loudest silent killer"... National Sleep Foundation
- Snoring has many other causes: nasal blockages, deviated septum, congestion from colds or allergies, even acid reflux. A good evaluation of the upper airway anatomy can identify the root cause of snoring, and treating the underlying problem often helps reduce snoring.

Courtesy of RWJ Hamilton University Hospital

Snoring: What exactly is it and who is at risk?

Snoring is noisy breathing during sleep. It is a common problem among all ages and both genders, and it affects approximately 90 million American adults - 37 million on a regular basis. Snoring may occur nightly or intermittently. Persons most at risk are males and those who are overweight, but snoring is a problem of both genders, although it is possible that women do not present with this complaint as frequently as men. Snoring usually becomes more serious as people age. It can cause disruptions to your own sleep and your bed-partner's sleep. It can lead to fragmented and un-refreshing sleep which translates into poor daytime function (tiredness and sleepiness). The two most common adverse health effects that are believed to be casually linked to snoring are daytime dysfunction and cardiovascular disease. About one-half of people who snore loudly have obstructive sleep apnea.

While you sleep, the muscles of your throat relax, your tongue falls backward, and your throat becomes narrow and "floppy." As you breathe, the walls of the throat begin to vibrate - generally when you breathe in, but also, to a lesser extent, when you breathe out. These vibrations lead to the characteristic sound of snoring. The narrower your airway becomes, the greater the vibration and the louder your snoring. Sometimes the walls of the throat collapse completely so that it is completely occluded, creating a condition called apnea (cessation of breathing). This is a serious condition which requires medical attention.