



The Under Armour Performance Mouthwear *Your jaw is the key to unlock the power you never knew was there!*

Hundreds of years ago, a few people were on to something: Ancient Greek athletes who bit down on leather straps for an edge during competition; Viking and Roman warriors who clamped down on leather bits for focus on the battlefield. They knew something here worked, but the concept itself never evolved. Until now.

The human body has a governor that deprives the body of energy at the times it often needs it the most - the fight or flight response that results in clenching the jaw. Clenching the jaw with the teeth together inhibits performance by compressing the temporomandibular joint (TMJ), signaling the hypothalamus which triggers the excess production and release of a cascade of

hormones including cortisol, the stress hormone.

Preventing the teeth from clenching together and dropping the jaw down and forward (putting a measured space between the teeth), relieves pressure on the TMJ and changes the signal to the hypothalamus, preventing the excessive production of hormones including cortisol.

Today, many of the world's most elite athletes and soldiers instinctively place their jaw into a position that is close to the optimal position. But without a device to interrupt the body's governor, there's no way to sustain it - the body's natural fight or flight response will ultimately force the clenching of the jaw as well as stress, talking, or swallowing.

Testimonials from Athletes who know the power of their jaws

"I tried it, not only on the field but off the field during workouts. I could feel the difference in my endurance. I was stronger, my body felt better." **Adrian Peterson, Minnesota Vikings**

"It has increased my strength, power and heightened my accuracy." **Hunter Mahan, PGA Professional Golfer**

"When I wear the piece, I'm astounded by how different I feel. I've had multiple point games and my legs feel amazing. Even my lungs feel better. I've got power in the 3rd period I didn't have before. I love this product." **Caitlin Cahow, U.S. Women's National Hockey Team**

"I have been wearing the pieces for the past month or so while snowboarding and have noticed a huge difference in my breathing and concentration. I suggest any athlete who takes what they do serious to try these pieces out." **John Paul Tomich, U.S. Extreme Snowboarder**

Whether you need protection in contact sports or you just want to improve your game, a custom fit mouthguard will give you an edge



Become a fan! Find Craniofacial Pain Associates of Oklahoma on Facebook! Get important information, videos and more!

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.

Craniofacial Pain Associates exists to serve you

The office of Dr. Robert L. Talley exists to serve those individuals who are suffering from temporomandibular related disorders and/or head, neck and craniofacial pain. The goals of our practice are quite straight-forward. It is our desire to help each individual patient experience the greatest level of comfort and normal function we can help them attain through our diagnostic and treatment efforts.

Although not every individual can experience complete recovery from their problem, almost everyone can expect significant improvement and a better quality of life. We utilize the latest diagnostic and therapeutic instrumentation and techniques to assist those in need.

Four areas of concern are evaluated for each patient and, then, the appropriate treatment can be applied. The first area of concern is the possibility of any dental problems. This may involve an improper bite or other tooth related problems. Secondly, we look at structural problems of the muscles and skeletal of the upper part of the body and, most specifically, the head, neck, and lower jaw. The third area of concern has to do with nutrition and the quality of air, water, and food consumed. Our last area of concern, but certainly not least, is lifestyle stress that may be creating an undue strain on the physical system.

Each patient's treatment is tailored to their specific problems with emphasis on the appropriate stressors that have led to their symptoms. Because of our commitment to serve your specific needs, we provide a specially trained staff of technical and business professionals. They will assist you with your diagnostic, treatment, and business (finance, insurance and scheduling) concerns.

DR. ROBERT L. TALLEY



*"It is our goal at Craniofacial Pain Associates of Oklahoma to be here for each and every one of our patients - to help as best we can to make their lives better."
Dr. Robert L. Talley*

Page 2
Oral Appliances for OSA
Page 3
Pain Pointers
Beat the Heat!
Page 4
Mouthwear and Athletes

*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.

Oral Appliances for Snoring and Obstructive Sleep Apnea

In December 2006, practice parameters were published by the American Academy of Sleep Medicine in the medical journal *Sleep* recommending oral appliances as a first-line treatment for snoring and mild-moderate obstructive sleep apnea (OSA). This was good news for the estimated 18 million OSA sufferers in the U.S., since it enables them to avoid the risks associated with surgery and the discomfort that can accompany other treatment methods.

OSA causes snoring, airway blockage and sleep disruption. It occurs when the tongue and soft tissues in the back of the throat collapse to block the airway during sleep, producing pauses in breathing that can occur a few times or several hundred times a night, disrupting sleep.

OSA can cause:

- Excessive daytime sleepiness
- An increased risk of high blood pressure
- Higher rates of stroke, arrhythmias, heart attack and even death.

In fact, OSA reportedly contributed to the 2004 death of football great Reggie White. Experts also believe that it may be responsible for a high percentage of on-the-job injuries and motor vehicle accidents, as well.

OSA Can be Life Threatening: Treating It Is Important

"Oral appliances may help people who have tried other OSA treatments and been unsuccessful or who have not complied with their treatment," added Lawrence Epstein, M.D., president, American Academy of Sleep Medicine.

"OSA is a serious, life-threatening condition -- but for many patients, alleviating its effects can be as easy as utilizing an oral appliance at night," explained ADSM president, Kent Moore, M.D., D.D.S. "Oral appliances, which resemble sports mouth guards, may control mild to moderate OSA with minimal discomfort or disruption."

This practice parameter is based on an accompanying review of extensive evidence found in the scientific literature that was performed by an expert task force.

While continuous positive airway pressure (CPAP) is still considered the most efficacious treatment for OSA, many patients find this form of treatment uncomfortable or intolerable, making an oral appliance often a more appropriate option.

The practice parameters validate the effectiveness of oral appliances as a viable treatment alternative for those patients with mild to moderate OSA who either prefer it to CPAP, or are unable to successfully comply with CPAP treatment.

Until there is higher quality evidence to suggest efficacy, CPAP is indicated whenever possible for patients with severe OSA before considering oral appliances.

According to Dr. Moore, oral appliances offer a safe, effective and non-invasive treatment option for the millions of Americans suffering from OSA and severe, chronic snoring. When utilized during sleep, they help maintain an open and unobstructed airway in the throat by repositioning or stabilizing the lower jaw, tongue, soft palate or uvula.

There are many types of oral appliances, with some designed specifically for snoring and others intended to treat both snoring and sleep apnea.

What To Do If You Think You're Experiencing Symptoms Of OSA

Those who think they may suffer from a sleep-related breathing disorder should seek help from a qualified medical professional. A sleep clinician can assess the severity of the problem and, if appropriate, refer the patient to a dentist trained in the treatment of snoring and sleep apnea.

The dentist will properly fit and adjust an oral appliance to meet the individual patient's needs. Follow-up visits to the sleep clinician and dentist will help monitor the patient's progress and assess the effectiveness of the treatment.

Facts about snoring and obstructive sleep apnea

- An estimated 30 million -- or one in eight -- Americans snore.
- Individuals who snore have a high likelihood of having (or developing) obstructive sleep apnea
- Approximately 18 million Americans suffer from sleep apnea.
- Some 28 percent of men over the age of 65 suffer from sleep apnea
- Up to 50 percent of sleep apnea patients have high blood pressure
- Risk for heart attack and stroke also may increase among those who have sleep apnea.
- Nearly 60 percent of Americans suffer from daytime sleepiness, a side effect of sleep apnea.
- Snoring and mild-moderate apnea is improved and often eliminated in many patients who use oral appliances.
- Each year, sleep disorders add an estimated \$15.9 billion to the national healthcare bill.

Sources: American Academy of Sleep Medicine
American Sleep Apnea Association and the National Sleep Foundation

PAIN POINTERS!

Beat the pain with these helpful tips

Stay Flexible!

When you are in pain, it's easy to stop exercising, and yet, it's important to stay flexible to prevent stiffness and more pain. At the very least, stretch and you'll be amazed how the muscles will respond. The American College of Sports Medicine tells us stretching is an important activity for better health. However, be careful how you stretch. Don't bounce because this tends to extend your limits and increases the risk of muscle tears and soreness. Slowly stretch through a muscle's full range of movement until you begin to feel resistance.

Doing for Others Spells HEALTH

Studies reveal that people who do volunteer work or help others on a regular basis outlived those who did none, two-and-a-half to one. That implies that doing something for other people is a powerful contributor to health and long life.

Source: TMJ News and Views



There's nothing worse than trying to sleep in the midst of a heat wave with no air conditioning. How can you get some zzz's? Here are some tips to cool you down and get some rest.

- During the day, if it's hotter outside than inside, close all the blinds and windows to keep the heat out.
- Hot air rises. Open the attic door, and sleep downstairs or in the basement.
- Take a cold bath or shower. (Some people even find hot showers helpful, strange as that sounds.)
- Sleep with wet hair.
- Chill your pillow case in the refrigerator.
- Soak your socks or t-shirt in ice water and ring

them out.

- Put a frozen bottle of water at your feet.
- Spray yourself with a water bottle spritzer.
- Use a bag of frozen peas or a blue ice pack as a compress, or put rice in your socks and freeze them to create a compress.
- Wear very light nightclothes or nothing at all!

Remember that, when you sweat a great deal, you lose both water and electrolytes. This can be dangerous. Make sure that you replenish both and do not become dehydrated. Avoid excessive and unprotected sun exposure. Sunburn will add to your misery in trying to sleep when it is hot.

Source: sleepfoundation.org