



DENTAL SLEEP MEDICINE NEWSLETTER

PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



THE CONNECTION BETWEEN SLEEP APNEA & DIABETES

Bonus: Thanksgiving Word Search & No Added Sugar Applesauce

DIABETES AND SLEEP APNEA: A COMPLEX CONNECTION

Diabetes and sleep apnea, once considered unrelated, now reveal a profound interdependence. Recent research unveils a significant correlation between these conditions, emphasizing the importance of comprehensive care for affected individuals. Understanding this relationship is pivotal for effective management and enhanced quality of life.

Physiological Factors: Sleep apnea, characterized by interrupted breathing during sleep, is closely linked to insulin resistance, a key feature of type 2 diabetes. Disrupted sleep patterns and inadequate oxygen supply during apnea episodes can lead to impaired glucose metabolism, exacerbating insulin resistance. Additionally, both conditions are associated with chronic inflammation, further compromising insulin sensitivity and glucose control.

Sleep apnea also triggers heightened sympathetic nervous system activity, contributing to insulin resistance and glucose dysregulation.

Lifestyle Contributors: Obesity is a shared risk factor in both conditions, significantly increasing the likelihood of type 2 diabetes. Sedentary behavior and poor dietary habits also play a role, exacerbating insulin resistance and contributing to weight gain.

Management Strategies: A multidisciplinary approach is crucial for effective management. This may involve continuous glucose monitoring for diabetics, which helps mitigate the impact of insulin resistance caused by sleep apnea. Continuous Positive Airway Pressure (CPAP) and/or Oral Appliance Therapy are treatments for sleep apnea, maintaining open airways during sleep.

Addressing both physiological mechanisms and lifestyle factors through comprehensive care leads to improved health and a better quality of life.

Ask us how you can receive a sleep wellness consultation!



HAPPY
THANKSGIVING

Thanksgiving Word Search

TURKEY
STUFFING
FAMILY
DINNER

PUMPKIN
CORN
HARVEST
PIE

THANKFUL
GRAVY
PILGRIM
TOGETHER

P A F Q G E H X Q G D I L R
H U A X T P I L G R I M O S
M Y M O U F U H O P N T N T
J I I P R F L W N R N S C U
Q O L A K O N Q R G E N F F
G Z Y N E I L B F I R J N F
G R A V Y R N D P O S E U I
R H A R V E S T C R G M C N
T O G E T H E R E C N O A G
A Y I W N Q N U C F P L I B



1. Peel and chop apples. You don't even need to peel them if that's more your style!
2. Add to a saucepan with cinnamon.
3. Cook 15-20 minutes, stirring occasionally.
4. Mash with a spoon or potato masher and add lemon juice.

We prefer applesauce that **doesn't need any sugar added.**

Honeycrisps (or other sweet varieties) work well for creating a naturally sweet sauce.

For a tart applesauce, you can choose Granny Smith apples instead.

