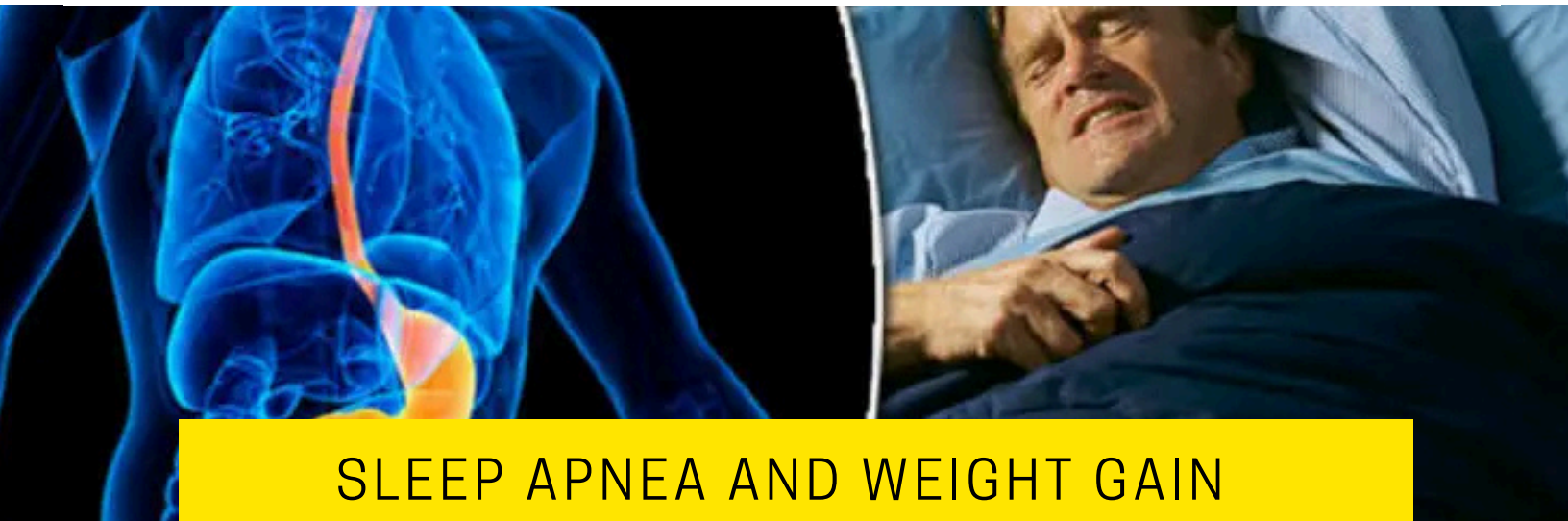


DENTAL SLEEP MEDICINE NEWSLETTER

PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



SLEEP APNEA AND WEIGHT GAIN

Bonus: Almost No Fat Banana Bread Recipe

WEIGHT GAIN/OBESITY & OBSTRUCTIVE SLEEP APNEA (OSA)

Have you ever woken in the middle of the night choking on acid because you've inhaled it and can't breathe?

You panic, thinking, "Am I going to die?" You possibly could if you hadn't woken up! This is what people with GERD (Gastro-Esophageal Reflux Disease) experience many times if they have SLEEP APNEA.

Ghrelin and leptin are both hormones that regulate your body's energy expenditure and hunger level. Ghrelin is a neurotransmitter that functions as something that registers hunger, while leptin communicates how full you are. These hormones, thrown out of balance by a lack of sleep caused by OSA, may cause unregulated hunger levels and excess food consumption.

What Can You Do About It?

The treatment of sleep apnea will help break the cycle of hormone irregularity and give people more energy to stick to an exercise regimen. This can serve to help further treat a person's sleep apnea while majorly reducing one's risk for serious health complications by reducing the risk for coronary disease and diabetes.

Ask us how you can receive a sleep wellness consultation!



BANANAS CONTAIN TRYPTOPHAN AND ARE A GOOD SOURCE OF MAGNESIUM. BOTH OF THESE PROPERTIES MAY HELP YOU GET A GOOD NIGHT'S SLEEP!



ALMOST NO FAT BANANA BREAD

Total: 1 hour and 5 mins

Servings: 12

Ingredients

- cooking spray
- 1 ½ cups all-purpose flour
- ¾ cup white sugar
- 1 ¼ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- 1 cup banana, mashed
- ¼ cup applesauce
- 2 egg whites

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease an 8x4-inch loaf pan.
2. Stir flour, sugar, baking powder, baking soda, and cinnamon together in a large bowl. Add banana, applesauce, and egg whites; stir just until combined. Pour batter into the prepared pan.
3. Bake in preheated oven until a toothpick inserted into the center comes out clean, 50 to 55 minutes. Turn out onto a wire rack and allow to cool before slicing.

WHY DON'T BANANAS SNORE?

Because they don't want to wake up the rest of the bunch!



WHY DID THE BANANA GO TO THE DOCTOR?

It wasn't peeling well!