



DENTAL SLEEP MEDICINE NEWSLETTER

PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



YOUR HEART AND SLEEP: THE VITAL CONNECTION YOU CAN'T IGNORE

CARDIOVASCULAR HEALTH & OBSTRUCTIVE SLEEP APNEA (OSA)

Did you know heart disease is the leading cause of death in the U.S., claiming 1 in 4 lives annually? While many people are aware of common contributors like high cholesterol and smoking, fewer know about the hidden impact of obstructive sleep apnea (OSA) on heart health.

OSA is a serious condition where an airway obstruction interrupts breathing during sleep, leading to reduced oxygen levels and poor-quality rest. Left untreated, it can significantly increase the risk of fatal heart conditions like:

- Chronic hypertension
- Coronary artery disease
- Atherosclerosis (buildup in the arteries)
- Congestive heart failure

Studies show that OSA raises the risk of heart failure by 140% and coronary heart disease by 30%. Even more alarming, it contributes to an estimated 38,000 cardiovascular deaths every year.

How Can You Protect Your Heart?

Taking steps to treat OSA is critical for your overall health—especially your heart. Here's what you can do:

- Follow your treatment plan: Managing OSA improves sleep and reduces the strain on your heart.
- Adopt a heart-healthy lifestyle: Regular exercise and a nutritious diet can strengthen your heart and, in some cases, even improve your OSA.
-

Don't let an undiagnosed condition put your health at risk. A simple consultation could be life-changing.

Ask us about scheduling a sleep wellness consultation today!



**THIS HEART HEALTHY
SMOOTHIE RECIPE IS
PERFECT FOR BUSY
MORNINGS! IT'S FILLED WITH
DELICIOUS INGREDIENTS AND
IT'S EASY TO MAKE IN ONLY 5
MINUTES.**

HEART HEALTHY SMOOTHIE

Servings: 2 smoothies (16 oz)

Prep Time: 5minutes mins

Total Time: 5minutes mins

Course: Breakfast

Ingredients

- 1 cup Strawberries (stems removed)
- ½ cup Blueberries
- 1 Orange (peeled)
- 1 cup
- Papaya (peeled, seeded & diced)
- 1 cup Soy Milk
- ½ cup Ice Cubes

Instructions

- Add all of the fruit to a blender with the soy milk and ice.
- Blend until smooth.

HEART HEALTH WORD SEARCH CHALLENGE

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

HYPERTENSION

ORAL APPLIANCE

SNORING

SLEEP

HEART

**GIVE YOUR HEART THE GIFT OF
HEALTHY SLEEP, BECAUSE A GOOD
NIGHT'S REST IS THE KEY TO A
STRONG HEART.**