

Dr. Ban R. Barbat

Where Lasting
Smiles Begin

6044 24-Mile Road, Shelby Township MI 48316

(586) 739-2155

• WhereLastingSmilesBegin.com

Practice Update

Restful Sleep Simply & Without CPAP!

For those with Sleep Apnea or who are heavy snorers (*often a precursor to Sleep Apnea*), each day can include fatigue and grogginess. Yet, these symptoms are small pieces of the whole picture.

Research has linked Sleep Apnea to heart attack, high blood pressure, stroke, diabetes, weight gain, impotency and has even shown a possible link to Alzheimer's Disease. Behind the wheel, Sleep Apnea sufferers are said to be more dangerous than drunk drivers.

Although CPAP devices

are seen as the industry standard for addressing Sleep Apnea, it is estimated that only 22% of those with CPAP use them consistently. Common complaints include feeling claustrophobic, being uncomfortable, not being able to move in bed (*like turning from side to side*), noise, inconvenience and embarrassment.

In our office, we've successfully treated many patients with Sleep Apnea or heavy snorers. Rather than CPAP or radical surgery, most can overcome mild to moderate Sleep

Apnea with an FDA-approved device that's worn at night. These are small and custom-designed to fit the contours of your mouth so they don't interfere with sleep.

A long-time patient of Dr. Barbat's, Nancy L., is among those who have resumed restful sleep. Nancy's story is familiar to many Sleep Apnea sufferers. She shares, *"Before getting the sleep appliance, I would come home after work, sit down for a few minutes before taking my coat off, and wake up a couple hours later still sitting up with my coat on. I would wake up groggy and out of sorts no matter how many hours of sleep I had and was no longer*



having dreams."

After Nancy's treatment, her words are very different. *"I spent one night with the sleep appliance and I could not believe the difference. I started dreaming again. I have more energy and now have a positive outlook on life. I look forward to a future like I have not in a very long time."*

2 pillows to lay your head on can lead to neck issues and the potential to roll off of them.

- Use Breathe Right nasal strips. Be sure to purchase the right size for you (they come in small & large). They also have ones for sensitive skin. Watch the video at Breathe Right's website for tips on correct usage. Generic brands and advanced versions are not recommended.

- Use nasal spray every night just before bedtime. Be sure to blow your

Continued on back...

FREE SCHOOL CONCERT!

Dr. Barbat is a proud sponsor of the Shelby Township Parks & Recreation's July 15 concert featuring the Rick Leider Band with Marshall Allen. Performing a wide variety of music, this band is an area favorite!

Grab a lawn chair or blanket and come join us!

**Wednesday, July 15
Concert Begins 7PM**

Shelby Township Municipal Grounds
52700 Van Dyke (just south of 24 Mile Road)
Call 586-731-0300 or email
shelbyprm@shelbytwp.org
for more information!

2015 Scholarship Recipient Is...

The Ban R. Barbat, DDS-PC Scholarship has been awarded to

**Eisenhower High School senior
Shannon R. Sicken.**



Shannon will be seeking a Masters Degree in Nursing at Oakland University, following her lifelong desire for a medical career.

This scholarship is awarded by Dr. Barbat to aid students pursuing a health-related career. Shannon is the 14th recipient of this scholarship, which is awarded annually.

Sleep Tips ...From Front

nose first. Inhaling steam can loosen congestion so a hot shower before bed may help. Our patients give us the best feedback on Flonase (available over the counter).

- Keep your bedroom perfectly dark while sleeping. Use a mask over your eyes if needed. Dim lights for the hour or two leading up to sleep time and avoid using electronics with a screen within two hours of bedtime. This light can interfere with the body's natural melatonin levels.

- Keep your bedroom cool. Studies show the ideal temperature for sleep is 65 degrees.

- Keep the air clean and at the right humidity. Consider using an air cleaner and change the filter on your furnace every month with a high filtration version. Use a humidifier in the winter to achieve a humidity level between 30 - 50%.

- Once you have your oral sleep appliance, use it **EVERY NIGHT** so your airway becomes accustomed to an open path from the back of your throat down into your lungs. Regular nightly use makes sure it stays open.

Dr. Barbat offers a free, no obligation consultation appointment to have your questions thoroughly answered. Call [586-739-2155](tel:586-739-2155) to schedule a time. Your referrals are always welcome!

Lasting Smiles Begin With A Consultation!

Straight Teeth Create Healthier, Attractive Smiles!

A properly aligned bite is the foundation for a healthy, attractive smile!

To support this, Dr. Barbat offers orthodontic care through

Dr. Jerry Wesley, an Orthodontic Specialist, brings over 17 years of orthodontic excellence. Dr. Wesley's impressive credentials are available at www.WhereLastingSmilesBegin.com.

Arrange a **FREE** consultation with Dr. Wesley to discuss traditional braces as well as Invisalign or Invisalign Teen. You can also call [586-739-2155](tel:586-739-2155) to learn more.

We Love New Smiles!

We are always pleased to welcome new smiles of all ages! Whenever a new patient is referred by an existing patient, it is a particular pleasure – and compliment!

Thank you for recommending our care to your friends and family!

In-The-Know In-The-Know

Get On The List Be In-The-Know The EZ Way !

- Want to learn about the latest findings in dental research?
- Would you like helpful tips on preventing dental problems?
- Want to know about special offers for smile enhancement?

Dr. Ban Barbat's web site:

www.WhereLastingSmilesBegin.com, features a Blog where you can stay on top of the latest in dentistry and ways to save time and expense in the dental chair!

Just click on the "Latest News" button and pull down to "Blog." Posts are added several times a month, so check in regularly for new posts.

- Want to receive these blogs automatically as they're posted?

Simply email your name from your preferred email address to: smiles@WhereLastingSmilesBegin.com with **BLOG** in the subject line.

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