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WHAT SUNSCREEN IS SAFEST? *Non-Nano Zinc Oxide Is the Way to Go!*

Summer is here! That means more time spent at the beach, lake, park, and pretty much anywhere you can soak up some vitamin D and enjoy the gorgeous weather. Protecting your skin against the sun's harmful UV rays is extremely important, but did you know that the type of sunscreen you choose, and its ingredients, matter?

One of the main active ingredients in mineral-based sunscreens is zinc oxide, a white powdery mineral. When tiny zinc oxide minerals sit on the surface of your skin, it acts as a protective barrier from the sun. However, when the particles are nano, they are small enough to be absorbed by your skin's pores and get inside your body. Nanoparticles measure one billionth of a meter, making it smaller than 100 nanometers. A non-nano particle is slightly larger but is still fairly microscopic.

Non-nano particles are much safer and more effective than nano-zinc particles because

they cannot penetrate your skin and enter your body and bloodstream. Studies have found traces of zinc in human urine after nano zinc sunscreen application and usage. Other studies have even linked nano zinc sunscreen usage to the bleaching of oceanic coral reefs. In fact, some places only allow non-nano zinc to be used while swimming and diving because nano zinc can damage or adversely affect wildlife, water habitats, or the animals that use them. So, if nano zinc can damage wildlife, we should think about what it can potentially do to us because we're directly applying it to our skin.

To protect your body, skin, and the environment, non-nano sunscreens are the best way to provide the UVA and UVB protection necessary to enjoy your summer activities. It should be noted that non-nano sunscreens are a bit thicker in consistency and may leave a white cast on your skin, but the health and environmental benefits are undoubtedly worth it!



The next time you shop for sunscreen, check the label and do your research. Look for "non-nano" written on it. And a little bit of sun time without any lotion is healthy, too. That ensures we get our vitamin D. And isn't it great that we now get more sunny days to catch?!

SLEEP-RELATED BREATHING ISSUES *It's More of a Problem Than You Think*

In today's world, we see more people with sleep issues. It can be tough to fall asleep and stay asleep; you may wake up feeling tired or even feel like you crash mid-day. Believe it or not, the world of dentistry may have a solution.

When it comes to sleep complications, for many people, Obstructive Sleep Apnea (OSA) is the culprit. When the body stops breathing at night due to a blockage of the air passage for more than 10 seconds, that counts as 1 episode. The amount of episodes during an hour of sleep is defined as the AHI (apnea-hypopnea index). And typically, everyone focuses on the AHI because that has been the way to determine a diagnosis of sleep apnea. And insurance companies love black and white boundaries.

If an adult has an AHI of 5-15, they are diagnosed with mild sleep apnea. 15-30 is classified as moderate, and over 30 falls under severe sleep apnea. However, you can still have all the symptoms and not have an official OSA diagnosis. For example, if someone has a 4, they technically do not have sleep apnea. But they stop breathing on average four times *per hour* every night. Remember, **each** breath-holding episode must last at least 10 seconds to count. Throughout a whole night, that's a lot of not

breathing that's going on. And technically, this person will not have an official sleep apnea diagnosis, even though they are not breathing and oxygen saturation and heart rate goes up and down like a roller coaster. By contrast, if a child has 1 episode throughout an entire night, they are officially diagnosed with sleep apnea — a big difference.

Another lesser-known diagnosis that explains most non-OSA patients is UARS or Upper Airway Resistance Syndrome. Most sleep centers concentrate on OSA but completely miss this vast segment of our population. UARS is categorized under the umbrella term of sleep-related breathing disorders and is caused by a slowing or resistance of airflow (rather than a blockage like in OSA). A person may wake up briefly, consciously or unconsciously, and may have trouble falling back asleep or feel tired in the morning. Some people have been tired for so long that they don't even realize they're tired! UARS can affect everyone. Although AHI is typically low, we look at the RDI (Respiratory Disturbance Index) to diagnose UARS. This helps explain those with sleep issues who don't have the formal diagnosis of OSA.

So, what happens in OSA and UARS during sleep? When the body stops properly breathing, survival mode kicks in, and

the sympathetic response system fires. This forces the body to take a deep breath, causing pulse and oxygen levels to skyrocket.

The body does this emergency response to keep us alive. But because it happens so frequently throughout the night, the body doesn't get

a chance to "rest and digest" or have the typical parasympathetic system do its job at night. This means the body cannot fully recover from daytime activities, leaving symptoms like constant exhaustion.

WHAT ARE THE TREATMENT OPTIONS?
The sleep industry's standard solution is a CPAP, especially for severe sleep apnea. However, many people do not want to wear a mask at night and have forced air blowing into their noses. Another treatment is a mandibular advancement device. It is the primary treatment in dentistry, where an appliance similar to a nightguard is worn at night and holds the lower jaw forward so it doesn't fall back and obstruct the airway.

In our practice, we have found a few solutions in addition to the standard ones! Using a Breathe Right strip on the nose helps open the nasal passages, and placing medical paper tape over the mouth helps remind patients to keep their mouths closed during sleep. Myofunctional therapy also helps strengthen and tone mouth muscles. The non-invasive Nightlase laser treatment helps lift a sagging soft palate and tighten the surrounding structures at the back of the throat to allow more air to pass through the upper airway system.

A combination of these works well, but it's an individualized approach for each patient. If you or someone you know has sleep-related breathing symptoms, insomnia, or is just walking around tired all the time, have them take a sleep test or call our office for more information. We have easy-to-use at-home sleep tests and can give you a second opinion of results even if you've taken a sleep test at another facility. Ask us about your sleep at your next appointment with us!

-Dr. Bernice Teplitzky

UPPER AIRWAY RESISTANCE SYNDROME (UARS)		
Feature	UARS	Sleep Apnea
Age	All Ages	Children, Men >40, Women after Menopause
Male: Female Ratio	1:1	2:1
Sleep Onset	Delayed, Insomnia	Fast
Snoring	Common	Almost Always
Daytime Symptoms	Tiredness, Fatigue	Sleepiness (less common in children)
Body Type	Slim to Normal Build	Obese
Somatic Functional Complaints	Fibromyalgia, Chronic Pain, Chronic Myofascial Pain, Chronic Headaches	Rare
Orthostatic Symptoms	Cold hands and feet, Fainting, Dizziness	Rare
Blood Pressure	Low to Normal	High
Neck Circumference	Normal	Large (17 inches +)

Image and article information: LucoHybridOSA.com/about/osa/osa-in-adults



For some people, their teeth might be the part of their body they're most insecure about. And this insecurity, whether purposeful or not, can prevent people from smiling openly when they're happy, excited, proud, or just being silly.

You may be thinking, "Okay, and? It's not like smiling is necessary to survive," but in some ways, it is. It turns out that smiling is an integral part of our health, and when we miss out on those big grins because we're embarrassed, our health suffers. If you're wondering how it works, here are four ways smiling benefits our health.

SMILING MAKES YOU FEEL LESS STRESSED.

Research shows that when you smile, even if it isn't genuine, your heart rate decreases, and you feel less stressed. Participants in one blind study who used chopsticks to keep their mouths in the smiling position reported having better recovery during a stressful task than those whose mouths were in a neutral position.

SMILING REDUCES DEPRESSION.

When you smile, your body releases "happy" neurotransmitters like dopamine and serotonin, and research shows that the intent

of the smile doesn't matter. Meaning, you can trick your body into releasing hormones that make you feel better just by smiling!

SMILING BOOSTS YOUR IMMUNE SYSTEM.

As happy neurotransmitters release into your body, your cortisol levels drop. Cortisol, the stress hormone, actively suppresses your immune system to keep your body in its "fight or flight" mode. So, when you feel happier and less stressed, your immune system has the resources to function correctly and keep you healthy.

SMILING REDUCES PAIN.

Those handy happy neurotransmitters your brain releases also act as natural painkillers; serotonin, in particular, is one of the most powerful. And when you grin, your body also releases endorphins, which are opioid peptides. If the word opioid sounds familiar, it's because it is the medication class many popular prescription painkillers fall into. So, smiling is a natural way to relieve pain without medication.

If your teeth insecurity stops you from smiling, you're missing out on many natural health benefits. Talk to your dentist today to find a resolution that will leave you happy and healthy!

SUDOKU

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	2			4	5		8	3
9			3					
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Place a number in every cell in the grid, using the numbers 1-9. You can only use each number once in each row, each column, and each of the 3x3 boxes.

2	6	9	4	3	1	8	7	5
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3	7	1	6	8	2	5	4	9
5	8	2	4	3	7	1	6	9
9	4	8	3	2	6	1	5	7
7	2	6	1	4	5	9	8	3
1	5	3	8	7	9	2	6	4



EATING WITH THE SEASONS STOCK UP ON SUMMER FAVORITES

As the seasons change, so do the freshest foods available for your diet, meals, and snacks! Eating with the seasons allows your body to consume foods while they are in their prime. It can also increase your energy levels, keep you healthy, and benefit your local economy, small businesses, and nearby farms.

However, did you know indulging in seasonal food can save money? When produce is in season, transporting and distributing is less expensive. Fruits and vegetables plentiful in the summer can be easily peeled, chopped, diced, and frozen for use throughout the year when the prices skyrocket in their "off" months!

Eating seasonal foods also gives our bodies the vitamins and nutrients we need that time of year. For example, in the winter, citrus fruits are peaking, and our bodies rely on the extra boost of vitamin C to fight off the flu and colds common in the colder months. The hearty vegetables plentiful in winter are also great for soups, stews, and comfort meals when the weather is frigid. However, in the summer, many seasonal foods contain the beta-carotene necessary to protect us against the sun's harmful rays and endure the heat.

Indulge in and stock up on some of the greatest seasonal fruits and vegetables this summer. There are many ways to enjoy them, add them to your meals, or package them for freezing!

FRUITS AND VEGETABLES IN SEASON THIS SUMMER

- Apples
- Avocados
- Bananas
- Beets
- Blackberries
- Blueberries
- Cantaloupe
- Carrots
- Celery
- Cherries
- Eggplant
- Garlic
- Lima Beans
- Mangoes
- Okra
- Peaches
- Plums
- Raspberries
- Tomatoes
- Watermelon
- Zucchini

Make Your Summertime Parties Sustainable! ECO-FRIENDLY ALTERNATIVES ANY HOST CAN USE

Summertime brings images of pool parties, backyard barbecues, Father's Day family gatherings, and endless get-togethers with loved ones. But these countless parties usually come with elaborate decorations and disposable dishes. While they make your party festive and easy to clean, they end up in the dump, where they'll sit for years. Even worse, they could get into our oceans and harm endangered sea life.

However, you can still host fantastic summertime celebrations without sacrificing sustainability. So, if you're looking to turn up the hosting heat, here are three ways to entertain your guests while remaining eco-friendly.

REUSE HOME DECOR.

If you have an indoor party, consider printing theme-appropriate images from the internet and inserting them into the picture frames you already have hanging. Or, grab a garland from your Christmas decoration box and weave in some fresh flowers from your yard or local nursery to fit the season.

Consider dragging potted plants closer to the action for outdoor festivities and draping them with your Christmas lights to create a relaxing and enchanting ambiance!



AVOID DISPOSABLE DISHES.

Yes, disposable cups, plates, and silverware make party cleanup easier. But to be more eco-friendly, you should opt for the dishes, cups, and plates you already have in your home. To make cleanup easier, empty your dishwasher ahead of time and ask your guests to pop their dirty dishes right into the washer. After they leave, you only need to add detergent and turn the machine on!

PUT THE RECYCLING BIN IN PLAIN SIGHT.

Metal cans and plastic bottles are unavoidable at summer parties, but when guests are unsure where the recycling is in someone else's home, they usually end up in the trash. So, before the party starts, put your recycling bin in a place everyone can see, and consider labeling it. When people ask where to put their bottles and cans, say "the recycling by the [location]" instead of "the trash" to make it even more straightforward.

The important thing to remember when becoming more eco-conscious is that it's okay to start small! If trying all three of these tips at once is overwhelming, begin by changing one aspect of your party to something more sustainable and celebrate saving the planet!



Vegan Queso

Inspired by Simple-Veganista.com

DIRECTIONS

1. In hot water, soak the cashews for 5 minutes, then drain.
2. To a blender, add cashews, 1/2 cup water, and remaining ingredients. Blend until creamy, about 1-2 minutes, stopping to scrape down the sides as needed. Add more water if needed.
3. Serve warm or at room temperature with your favorite tortilla chips or veggie sticks.

Tip: For warm queso, pour dip into an oven-safe bowl, cover with aluminum foil or a silicone baking sheet and place in preheated oven at 350 F for 10-15 minutes. If you'd prefer to use a microwave, heat uncovered for 30-second intervals, stirring often, until warmed through.

INGREDIENTS

- 1 cup raw cashews
- 1/2-3/4 cup water
- 1 clove garlic
- 1-2 tbsp nutritional yeast
- 1 4-oz can green chiles
- 1/2 tsp cumin
- 1/2 tsp chili powder
- Salt, to taste