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A Snore Guard Can Prevent Snoring

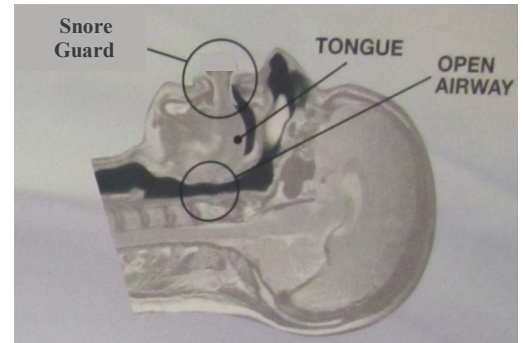
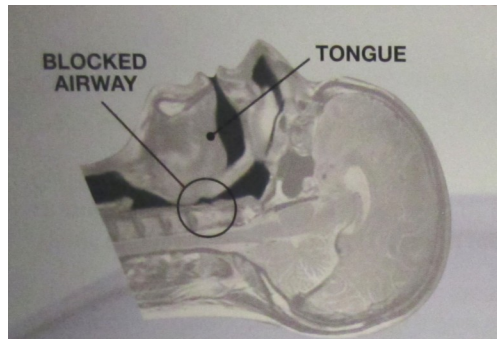
Snoring can negatively affect a person's health and personal relationships. It is estimated that 90 million North Americans snore. Snoring can be debilitating to daily life and it can also be associated with the more serious disease of sleep apnea.

Snoring doesn't just interrupt your sleep cycle. Struggling to breathe can cause soaring blood pressure, which can increase the risk of stroke. More serious degrees of snoring may completely block the airway space with the soft tissues of the tongue. If this period of asphyxiation occurs for more than 10 seconds, it is called Obstructive Sleep Apnea. It is a medical condition that can have serious long-term effects of one's health.

Snoring occurs when the soft tissues and muscles in the mouth and throat relax, shrinking the airway space. This increases the velocity of airflow during breathing. As the air velocity increases, soft tissues like the uvula and soft palate vibrate. This vibration causes noisy breathing or snoring.

In the past, surgical techniques were the only option to prevent snoring. Surgery can be done to remove soft tissue inside the mouth and throat to allow more space in the airway. Surgical success rates are about 20-40%.

Now, a more affordable, noninvasive, and comfortable option is available. Your dentist can make a custom-fabricated dental device called a snore guard. This device precisely attaches to the teeth and has side connectors to move the lower jaw forward. This increases the airway tube space and reduces the air velocity and soft tissue vibrations. Ask your dentist if a snore guard is right for you.



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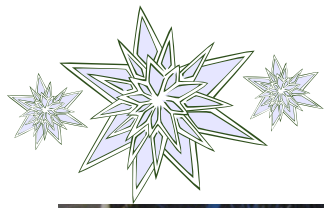
Each quarter we have a drawing and randomly select one patient who has referred another patient and one patient who has had treatment completed.

This quarter's winners are
Andi Horner
and
Chris Sharrett.

Dental Joke

A young Dentist had just started his own Clinic. He rented a beautiful office and had it furnished with antiques. Sitting there, he saw a man come into the front office. Wishing to appear the "busy dentist", the dentist picked up the phone and started to pretend he had to give an appointment. Finally he hung up and asked the visitor, "Can I help you?" The man said, "Yeah, I've come to activate the phone."





Main Street Family Dentistry



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Name: Landon
Age: 7
Siblings: Anyah, Lexi, and Julianna
Hobbies: Bike Riding and Playing Video Games
Sports: Soccer and Football
Pets: Dog named Bronx
Future Career: Monster Truck Driver because they crash and are cool.

Cavity- Free Club Age 16 and under Sept. 15th—Dec. 14th

- | | | |
|----------------------|------------------------|----------------------|
| Ahmad, Sidra | Drake, Lorelei | Porro, Lorea |
| Alexander, Courtney | Eaton, Isabella | Ratermann, Heath |
| Alexander, Luke | Eckroth, Josiah | Roberts, Jack |
| Alexander, Mackenzie | Elsenbroek, Emma | Rodriguez, Brianna |
| Alexander, Makenna | Fields, Riley | Rosich, Katelyn |
| Amrhein, Brandon | Forrester, Nathan | Rost, Andrew |
| Anderson, Cooper | Fox, Kallie | Rowe, Jordan |
| Anderson, Grant | Fromme, Lucas | Rubin, Braden |
| Arnett, Kami | Gear, Jackson | Sanders, Alexys |
| Arnett, Kenzi | Gear, Reagan | Sanders, Bruce JR |
| Aspling, Kendall | Gore, Leslie | Scott, Braden |
| Aspling, Tessa | Hernandez, Isabel | Scott, Connor |
| Barnes, Hunter | Hood, Ethan | Slaton, Benjamin |
| Barnes, Morgan | Howrey, Delton | Slaton, Delaney |
| Beasley, Claire | Howrey, Trevor | Smith, Bryleigh |
| Bolen, Jackson | Jaisle, John | Spears, Cory |
| Boyd, Lillian | Kraiger, Cameron | Spires, Ezekiel |
| Burchell, Mckynley | Langford, Abigail | Spires, Preston |
| Burnett, Trevyn | Langford, Evelyn | Starr, Zoey |
| Byrd, Jacob | Lautenschlager, Jessie | Susana, Jazmine |
| Cameron, Travis | Lerch, Emily | Thomas, Kara |
| Campbell, Dalton | Magers, Madailyn | Thomas, Kylar |
| Clark, Emma | Magers, Mark | Turner, Peyton |
| Clark, Garrett | Magers, Miley | VanBibber, Claudia |
| Connard, Lexi | Martin, Madeline | VanBibber, Mackenzie |
| Cossio, Kiana | Meacham, Lydia | Weimer, Kamille |
| Coy, Madelynn | Meacham, Rachel | Wuest, Brian |
| Coy, Max | Meacham, Sierra | |
| Demoss, Devon | Meacham, Zachary | |
| Detllefsen, Jennifer | Moss, Abigail | |
| Dickman, Spencer | Moss, Kelsea | |
| Dickman, Zachary | Porro, Alai | |

February is National Children's Dental Health Month. What a good time to remember to teach your children the importance of good oral hygiene and visiting the dentist!

