



# DENTAL SLEEP MEDICINE NEWSLETTER

NOVEMBER 2024

PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE

## THE LINK BETWEEN STROKE AND SLEEP APNEA

### STROKE RISK: The Sleep Apnea Connection

Sleep apnea, a disorder marked by interrupted breathing during sleep, is linked to an increased risk of stroke. This connection is driven by several factors:

- 1. High Blood Pressure:** Sleep apnea leads to elevated blood pressure, a major stroke risk factor.
- 2. Inflammation and Atherosclerosis:** The disorder contributes to inflammation and plaque buildup in arteries, potentially causing stroke.
- 3. Arrhythmias:** Sleep apnea can cause irregular heartbeats, increasing the risk of stroke through blood clots.

Sleep apnea heightens stroke risk by raising blood pressure, triggering inflammation, and causing heart rhythm issues, all of which significantly strain the cardiovascular system.

Effective management of sleep apnea can help mitigate the increased risk of stroke. Here are key strategies:

**Oral Appliances:** These devices reposition the lower jaw to keep the airway open, offering a less intrusive option for managing sleep apnea.

**Lifestyle Changes:** Weight loss, avoiding alcohol, and quitting smoking can improve sleep apnea symptoms and contribute to overall health improvement.

**Regular Monitoring:** Ongoing follow-up with a healthcare provider is crucial for managing sleep apnea and monitoring its impact on health.

The link between sleep apnea and stroke highlights the importance of early diagnosis and effective treatment.

**ASK US HOW YOU CAN RECEIVE A  
SLEEP WELLNESS CONSULTATION!**

# HEART HEALTHY FOODS FOR YOUR THANKSGIVING TABLE

If you're focused on heart-healthy recipes to help prevent heart disease, you don't have to miss out on delicious dishes. Here are some heart-friendly foods to add to your Thanksgiving table.



## FRESH BERRIES

Fresh berries are packed with antioxidants that protect against inflammation that can lead to heart disease. Top a bowl of fresh berries with sweet cream to create a heart-healthy dessert. Or throw some berries in a mixed salad for a pop of color.



## LEAFY GREENS

Leafy greens are an excellent source of Vitamin K, which encourages proper blood clotting. Leafy greens are the perfect starter for a side salad to compliment the rest of the meal. To top it all off, toss the greens in some olive oil and lemon juice for a simple heart-healthy dressing.



## AVOCADO

Avocados are well-known for lowering cholesterol and preventing heart disease. They are also the perfect complement to go in a turkey sandwich, on top of a salad, or as a spread on whole-wheat toast.



## WALNUTS

Walnuts are full of magnesium, copper and manganese, and researchers believe they are helpful in preventing heart disease. Roasted nuts are an ideal appetizer to snack on. They are also a great topper for salads, casseroles and desserts.



## GARLIC

Consuming garlic regularly is a proven method of lowering your blood pressure. For some people, it is even equivalent to certain blood pressure medications. Add garlic bread to your Thanksgiving menu, or use garlic to add extra flavor to your vegetables, turkey, or casserole dishes.



## WHOLE GRAINS

Whole grains are full of fiber that will help you lower your cholesterol. There is no wrong way to add whole grains to your Thanksgiving meal. Fill a basket with fresh, whole grain bread, offer whole grain crackers with a tasty spread, or make oatmeal for breakfast.

These are just a few of the many heart-healthy options you can add to your Thanksgiving meal this year. There is no need to avoid a big meal as long as you choose your ingredients wisely. Enjoy Thanksgiving and take care of your heart at the same time.

