

Medically Speaking

Educating and Answering Your Questions

New Solution Cures Snoring – And Lets EVERYONE Sleep At Night

I am a man. A man desperately trying to deny the fact I have a snoring problem and a man that knows deep down that his wife is miserable when he snores, and a man that is in denial that his health may be at serious risk due to this problem....a man that has done nothing about it. Until now.

Just thinking about how long it finally took me to address the issue for health reasons and as a courtesy to my wife makes me angry! Not only that, but my wife is convinced I have sleep apnea (OSA), which can be deadly if not treated, yet I still ignored her requests to seek help for a few years. Seriously, how stupid can I possibly be?

As a practitioner, who believes in research, I figured I turn to it again. Here's what I found:

While most people think of snoring as a minor annoyance, research shows it can be hazardous to your health. That's because for over 18 million Americans it's related to obstructive sleep apnea (OSA). People who suffer from OSA repeatedly and unknowingly stop breathing during the night due to a complete or partial obstruction of their airway. It occurs when the jaw, throat, and tongue muscles relax, blocking the airway used to breathe. The resulting lack of oxygen can last for a minute or longer, and occur hundreds of times each night.

Thankfully, most people wake when a complete or partial obstruction occurs, but it can leave you feeling completely exhausted. OSA has also been linked to a host of health problems including:

- Acid reflux
- Frequent nighttime urination
- Memory loss
- Stroke
- Depression
- Diabetes
- Heart attack

People over 35 are at higher risk....I am 49. At this point in my research, I was beginning to feel fortunate that nothing serious had happened to me at this stage of my life, living with the issue for over 4 years now. So I continued to research and found a case study published by Eastern Virginia Medical School's Division of Sleep Medicine in the Journal of Clinical Sleep Medicine concludes that wearing a simple chin-strap is the single most effective treatment for snoring and OSA. Better than CPAP devices, better than nasal strips, better than anything.

I decided to give it a try. While it's not the most attractive nighttime fashion accessory in the world, it instantly and miraculously DECREASED my snoring and sleep apnea!

The chin-strap, which is now available from our office, works by supporting the lower jaw and tongue, preventing obstruction of the airway. It's a made from a high-tech, lightweight, and super-comfortable material. Thousands of people have used that appliance and reported about relieve of their snoring symptoms, and they report better sleeping, and better health overall because of it.

Do you or your partner snore? You may or may not have OSA. DON'T wait. The best solution for your problem is available now...

Please free to email me directly at dentalhelp@gmail.com or call my practice with your specific questions or concerns. I am here at your service.

Your Neighbor and Partner in Health,

Vladimir Pastouk, DMD



3550 Lander Rd, Suite 140
Pepper Pike, OH 44124
(Lander Circle, Chagrin & Lander)
(216) 292-3600
www.dentalcosmeticsolution.com

