TMJ & Sleep Therapy Centre of San Diego

TECHNOLOGY IN THE PRACTICE

FEATURING

NightLase® SNORING TREATMENT

TMJ & Sleep Therapy Centre of San Diego introducing NIGHT LASE®

Non-Surgical Airway Enhancement Treatment

At TMJ & Sleep Therapy Centre, we understand that successful treatments are based on treating the cause, not just the symptoms. Dr. Olmos has developed a proven system for the diagnosis and treatment of craniofacial pain (TMJ, headaches, facial pain) and treatment of sleep disorders (sleep apnea, snoring) without surgery. Our practice is focused solely on improving the quality of life for children and adults suffering from craniofacial pain and sleep breathing disorders. We use the latest technological advances and provide non-surgical therapies and treatment options.

NIGHT LASE® is a leading-edge laser procedure. It is a NON-invasive, NO appliance, simple and effective way of keeping your airway open.

- **Non-Invasive**
- **No Pain, No Scalpels, No Sutures**
- **Increases Sleep Quality**
- **Lessens Effects of Snoring**
- **Safe & Patient-Friendly Treatment**
- **High Success Rate**
- **Laser Light Therapy Tightens Tissue & Opens Airways**

How Nightlase® Works

Laser energy is used to heat the tissues of the airway causing a tightening effect which helps to keep your airway open. Nightlase® is performed with approximately three short treatments spaced over 2 months. Each treatment lasts 15 minutes and requires no anesthesia. The procedure is comfortable and you can resume your daily routine immediately afterwards. Results are often seen after the first session.

Dr. Steven Olmos explains Sleep Apnea treatment options other than a CPAP Machine.

SLEEP BETTER TONIGH!

Schedule Your Appointment

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www.TMJSleepSD.com

TMJ & Sleep Therapy Centre of San Diego

ARE YOU A FUTURE OR CURRENT PATIENT?

Watch our patients explain their treatment process so you have an idea of what to expect. Our goal is to improve the quality of life in adults & children with non-surgical therapies and using the latest technology to accomplish our goal. Sharing experiences impacts the life of others and together we will help improve the health of our community; one patient at a time!

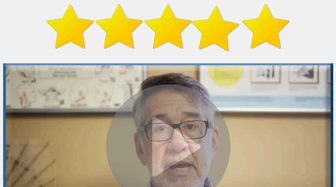
We appreciate your testimonials and we thank you for letting us be part of your journey to better health!

PATIENT TESTIMONIAL | YULIA

“I searched in google and I found Dr. Olmos… I feel much, much better, all vertigo and dizziness are gone!”

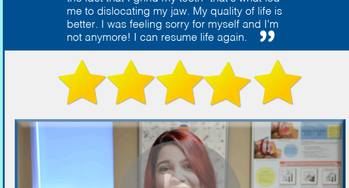
PATIENT TESTIMONIAL | JONATHAN

“I been dealing with TMJ one way or another since I was a teenager. I probably went to about a half a dozen people who claimed that they could help me, but they never really were able to solve the pain problem…finally I found Dr. Olmos…my pain is significantly almost totally gone”



PATIENT TESTIMONIAL | MYRA

“I started feeling facial pain, ear pain, swelling and headaches that went on for days. Since being treated by Dr. Olmos, my quality of sleep has improved, which has improved the fact that I grind my teeth- that’s what led me to dislocating my jaw. My quality of life is better. I was feeling sorry for myself and I’m not anymore! I can resume life again.”



PATIENT TESTIMONIAL | TONY

“Initially came here for TMJ pain very bad pain in my jaw affected me all day every day. I actually had braces on at the time from my orthodontist… unfortunately they were doing anything to address my bite and at that time I didn’t know that was the issue causing all my pain… doctor Olmos started adjusting my bite and almost immediately when he started shifting my teeth where they were supposed to be not just making them pretty… the pain started decreasing and over the course of… my treatment… my bite completely changed, the pain subsided easily 95%… the best treatment I’ve ever had, hands down!”

Visit our website and YouTube Channel to see what other patients are saying!

SCHEDULE AN APPOINTMENT TODAY

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TMJ & Sleep Therapy Centre
of San Diego

QUESTIONS ABOUT...

JOIN OUR VIRTUAL SUPPORT GROUP

Are you a patient at a TMJ & Sleep Therapy Centre? Do you have jaw pain or trouble sleeping? Join our Support Group on Facebook to connect with others experiencing similar problems. Ask questions, share stories, trade knowledge and communicate with patients from other TMJ & Sleep Therapy Centres around the world. This group is a safe online space for like-minded individuals.

The Sleep/TMJ/TMD Support Group is monitored by our TMJ & Sleep Therapy Centres who post education information and helpful tips. The support group is free to join! Make sure you answer the membership questions when joining the group.

**Discuss, Support,
Get Support
Anywhere, Anytime,
Join Us Today!**

Support & Discussion Group

Join our facebook®
PRIVATE GROUP for MEMBERS ONLY

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TMJ & Sleep Therapy Centre of San Diego

HEALTH

MONTHLY NEWSLETTER | 2020 JULY

HIGHLIGHT CONNECTION

COVID-19 PRECAUTIONS

We have always been committed to the highest safety standards; however, we are now taking extra precautions for the safety of our patients.

EDUCATION CONNECTION

Coffee, Energy Drinks, Medications…

Do you count on any of these to get yourself going in the morning? While society thinks of this as normal, it is not. You should ask yourself these questions: Do I fall asleep easily? Do I stay asleep? And, Do I wake rested? If you cannot answer yes to all three, you may have a sleep breathing disorder, such as sleep apnea.

As more and more research is being done in the field of Sleep Medicine, more and more experts are in agreement that sleep disorders and proper nasal breathing need to be addressed.

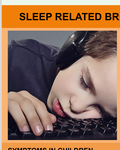
SleepApnea.org estimates that 22 million Americans suffer from sleep apnea with 80% of cases undiagnosed. Sleep apnea does just mean you don't get a good night's sleep. It has been attributed to type 2 diabetes, strokes, heart attacks and even a shortened lifespan.

The good news is that it can be managed. CPAP therapy for severe apnea and oral appliance therapy for mild to moderate apnea.

Dr. Steven Olmos has been exclusively treating Chronic Pain and Sleep Disorders for over 25 years. He is leading the field in research and treatment protocols. He has personally mentored over 65 doctors in7 countries on his treatment protocols. He hosts courses around the world to help other doctors understand how to better help their patients. And, he a right here in San Diego!

Review the symptoms below and call our office to find out more about how we can help you and your family. Dr. Steven Olmos and the TMJ & Sleep Therapy Centre of San Diego team at passionate about helping our community get treatment and **Sleep. Breathe. Heal Live.**

SLEEP RELATED BREATHING DISORDERS



SYMPTOMS IN CHILDREN

- Snoring
- Mouth breathing
- Restlessness during sleep
- Sleeping in odd positions
- Periods of not breathing
- Teeth grinding
- Night terrors
- Mood changes
- Poor concentration
- Bed wetting
- Headaches
- Frequent infections

Children with undiagnosed OSA are frequently misdiagnosed as having ADHD and placed on unnecessary medications.

SYMPTOMS IN ADULTS

- Unexplained daytime sleepiness
- Restless sleep
- Loud snoring with periods of silence followed by gasps
- Morning headaches
- Insomnia
- Trouble concentrating
- Mood changes such as irritability, anxiety and depression
- Forgetfulness
- Increased heart rate and/or blood pressure
- Decreased sex drive
- Unexplained weight gain
- Changes in urination
- Frequent heartburn and heavy night sweats

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Be sure to save our email address so you don't miss out on upcoming newsletters.

Next Issue: What is an oral orthotic

COMPLIMENTARY COMMUNITY WEBINAR

"The Consequences of Untreated Sleep Breathing Disorders"

It is estimated that 22 million Americans have a Sleep Breathing Disorder and 80% of those are undiagnosed. Come listen to Dr Steven Olmos explain what you can do to advocate for your health, get diagnosed and how to prevent long term effects.

Featuring Dr. Steven Olmos
Thursday, July 30th, 2020
12:00pm-12:45pm PDT

REGISTER TODAY

OUR TEAM CONNECTION

Steven Olmos, DDS
DABCP, DABCDSM, DABDSM, DAIPM, FAAOP, FAACP, FICCMO, FADI, FIAO

Dr. Steven Olmos has been in private practice for over 35 years with the last 30 years devoted to research and treatment of Craniofacial Pain, TMD, and Sleep Breathing Disorders. He obtained his DDS from USC (University of Southern California) School of Dentistry and has continued his education with over 4,500 hours dedicated to research and treatment in the field of mandibular orthopedic dysfunction and sleep disordered breathing. Dr. Olmos is board certified in both craniofacial pain and dental sleep medicine. He is the founder of TMJ & Sleep Therapy Centres International with **over 60 licensed Centre's spanning 7 countries** dedicated exclusively to the treatment of these disorders. Dr. Olmos has been honored for his contributions to dentistry with Fellowship in the Academy of Dentistry International and the 2008 AACP Haden-Stack Award for his contributions to education in the field of TMD and Craniofacial Pain.

These protocols are an assimilation of his knowledge base which is reflected by his certifications in all philosophies of treatment both medical and dental.

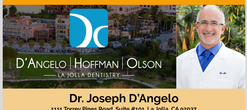
Dr. Olmos is Past President of the American Academy of Craniofacial Pain (AACP), the largest association of dentists with an interest and focus on temporomandibular disorders, craniofacial pain, and dental sleep medicine.

In his limited spare time, Dr. Olmos loves to take his beautiful family to the ballpark to watch his favorite team, the Los Angeles Dodgers. He especially enjoys watching them beat the Padres! In the fall you will catch him shouting in on his Alma Mater, USC Football or cycling down the roads of Alpine on his favorite piece of machinery, his bicycle. Be sure to wave if you see him!

DOCTOR OF THE MONTH!

JUNE

June's doctor of the month is Dr. Joseph D'Angelo of La Jolla, CA. Thank you for your continued support and referrals!



Dr. Joseph D'Angelo

1111 Torrey Pines Road, Suite #101, La Jolla, CA 92037
(858) 459-6224

ASK DR. OLMOS CONNECTION

The first episode of "Ask Dr. Olmos" is live on our YouTube channel!

Watch video to learn:
What is TMJ/TMD?
How do I know if I have it?

SUBMIT YOUR QUESTIONS

YOUTUBE SUBSCRIBED

Facebook Support Group
"Sleep/TMJ/TMD Support/Discussion Group"

Join Us!
Share success stories and communicate with other patients from our TMJ & Sleep Therapy Centres around the world

Like us on Facebook

NUTRITION CONNECTION

FOODS TO AVOID

Dr. Smith talks about which foods to avoid for an Inflammatory Diet.

ONE PAN LEMON HERB SALMON AND ZUCCHINI

Yield: 4 SERVINGS prep
Time: 35 MINUTES

Quick, easy, and all made on a single pan.
And the salmon is packed with so much flavor.
It doesn't get any easier!

INGREDIENTS:

4 zucchini, chopped
2 tablespoons olive oil
Kosher salt
Freshly ground black pepper

FOR THE SALMON

2 tablespoons brown sugar, packed
2 tablespoons freshly squeezed lemon juice
1 tablespoon Dijon mustard
2 cloves garlic, minced
1/2 teaspoon dried dill
1/2 teaspoon dried oregano
1/4 teaspoon dried thyme
1/4 teaspoon dried rosemary
Kosher salt
Freshly ground black pepper
4 (5-ounce) salmon fillets
2 tablespoons chopped fresh parsley leaves

NOTE

**** Cooking time will vary depending on the size and thickness of the salmon filets.***

DIRECTIONS

1.- Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2.- In a small bowl, whisk together brown sugar, lemon juice, Dijon, garlic, dill, oregano, thyme and rosemary; season with salt and pepper, to taste. Set aside.
3.- Place zucchini in a single layer onto the prepared baking sheet. Drizzle with olive oil and season with salt and pepper, to taste. Add salmon in a single layer and brush each salmon filet with herb mixture.
4.- Place into oven and cook until the fish flakes easily with a fork, about 10-18 minutes.*
5.- Serve immediately, garnished with parsley, if desired.

Recipe brought to you by DAMN DELICIOUS

PRINT RECIPE

FALLOW US!

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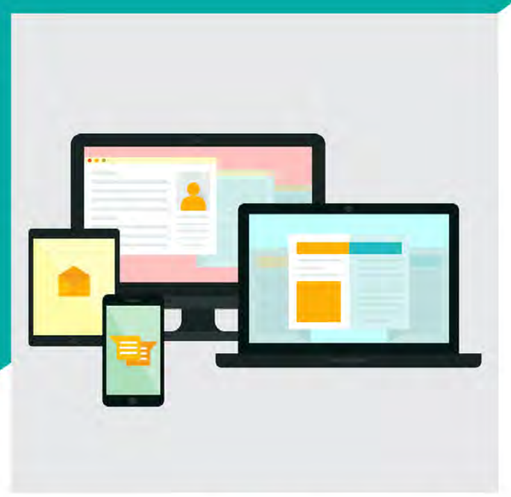
TMJ & Sleep Therapy Centre of San Diego



COMPLIMENTARY COMMUNITY WEBINAR

"The Consequences of Untreated Sleep Breathing Disorders"

FEATURING: Steven Olmos, DDS

International Educator and Founder of
TMJ & Sleep Therapy Centres International
Diplomate, American Board of Dental Sleep Medicine
Diplomate, American Board of Craniofacial Pain
Diplomate, American Board of Craniofacial Dental Sleep Medicine
Diplomate, Academy of Integrative Pain Management
FAAOP, FAACP, FICCMO, FADI, FIAO

It is estimated that 22 million Americans have a Sleep Breathing disorder and 80% of those are undiagnosed. Come listen to Dr. Steven Olmos explain what you can do to advocate for your health, get diagnosed and how to prevent long term effects.

Thursday, July 30th, 2020 12:00pm-12:45pm PDT

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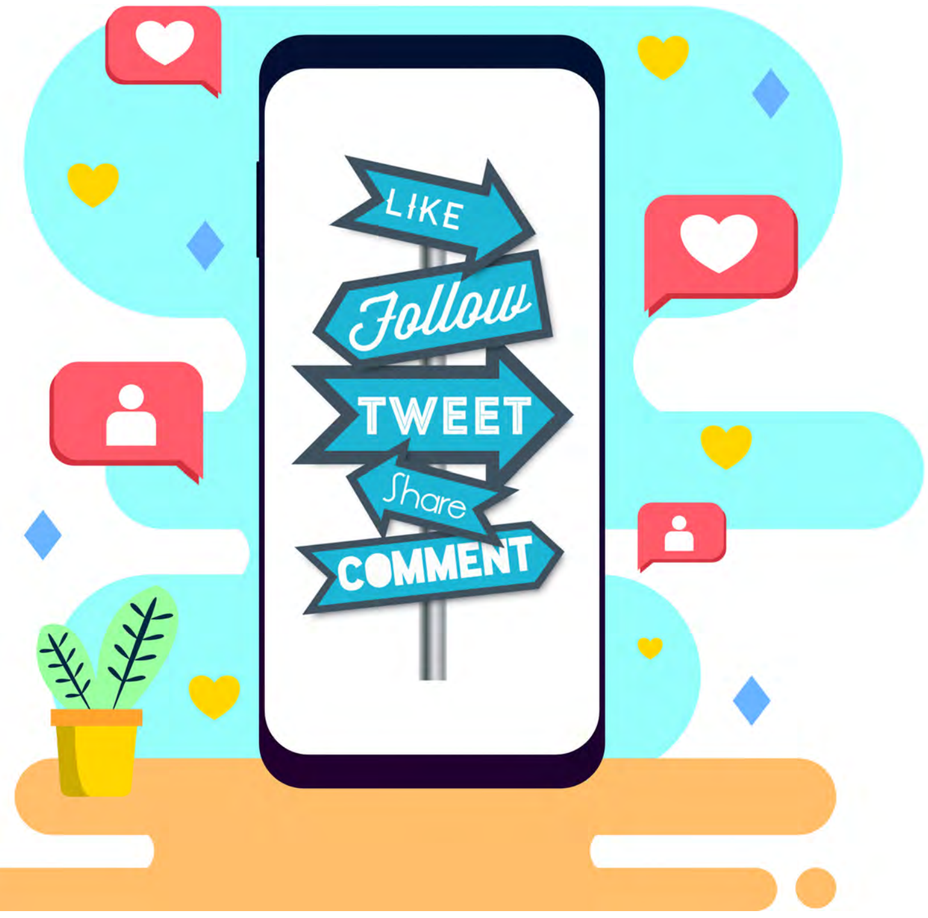

Follow Us!

TMJ & Sleep Therapy Center of San Diego is on all main social media platforms. Follow us, subscribe, tag, click, like, comment and / or just learn and share information. Each platform has different and new information, so visit us on all social media platforms and don't miss a thing.

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Come Socialize with Us!

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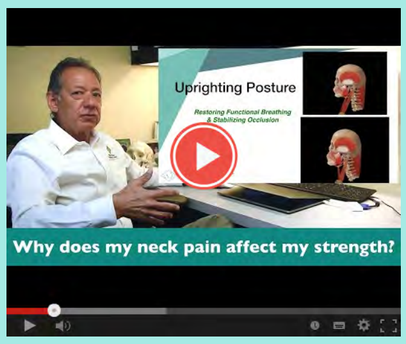
ASK Dr. Olmos?

"Ask Dr. Olmos" a new weekly series where Dr. Steven Olmos answers YOUR questions!

Ask Dr. Olmos
Episode 1

On this week's episode of "Ask Dr. Olmos" Dr. Olmos answers "What is TMJ/TMD?" and "How do I know if I have it?"



Ask Dr. Olmos
Episode 2

On this week's episode of "Ask Dr. Olmos" Dr. Olmos answers "When I have a sore neck I don't feel like I have as much upper-body strength. Why is this?"

Ask Dr. Olmos
Episode 3

On this week's episode of Ask Dr. Olmos, Dr. Olmos explains how the treatment options at TMJ & Sleep Therapy Centre of San Diego are different than other options you might've tried.

Submit Your Questions

Subscribe to Our YouTube Channel

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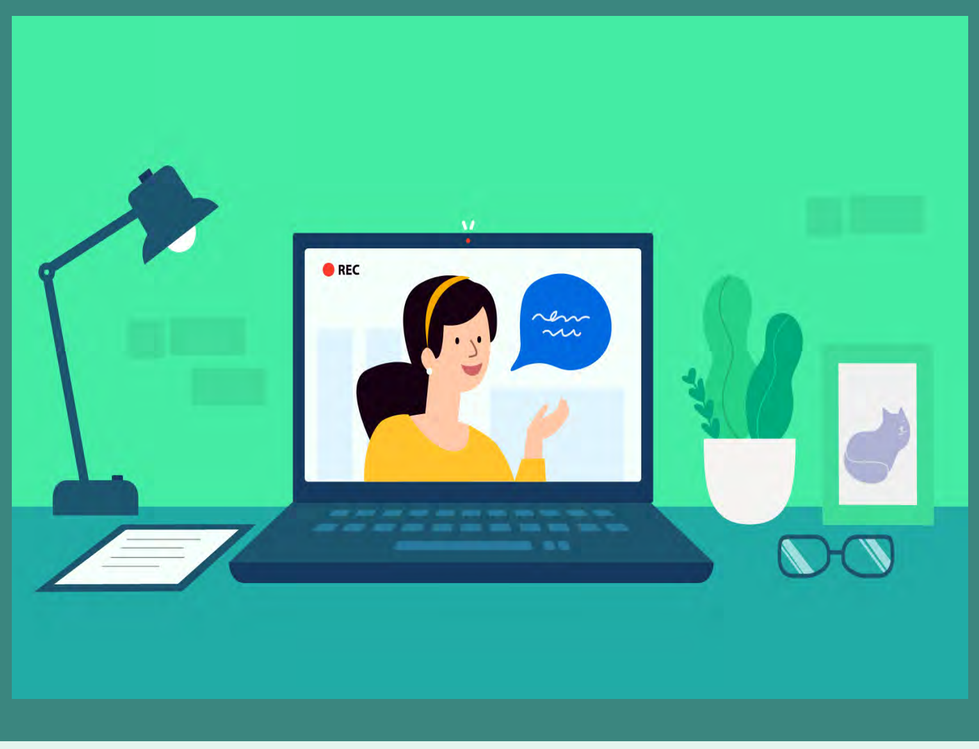
TMJ & Sleep Therapy Centre of San Diego



TMJ & Sleep Therapy Centre of San Diego invites you to visit our TMJ & Sleep Therapy Centre INTERNATIONAL YouTube Channel where you will find a New Video Every Friday. Learn about pain, sleep, health, nutrition and more, from Dr. Steven Olmos and our TMJ & Sleep Therapy Centre of Excellence doctors around the world.

What is a Sleep-Related Breathing Disorder?

Dr. Steven Olmos from our TMJ & Sleep Therapy Centre in San Diego, CA explains Sleep-Related Breathing Disorders and how to identify them.

www.TMJSleepSD.com | 619-466-2774

Myofunctional Therapy

Dr. Karina Patel from our TMJ & Sleep Therapy Centre in London, UK explains Myofunctional Therapy & how to find a trained specialist.

www.londonsleepcentre.com

+44 20 77250523

Mouth Breathing & Why It's Bad for You

Dr. Lisa DiGioia from our TMJ & Sleep Therapy Centre in Southwestern Ontario, Canada explains Mouth Breathing and why it can be harmful to the body.

www.tmjsleeptherapy.ca

519-733-8888

And More...

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TMJ & Sleep Therapy Centre International YouTube Channel

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Questions? Contact us today 1-619-466-2774

TMJ & Sleep Therapy Centre of San Diego

TECHNOLOGY IN THE PRACTICE

Featuring Dr. Steven Olmos

We have developed a proven system for the diagnosis and treatment of craniofacial pain, which includes facial pain, joint pain, ear pain, and even migraines. San Diego residents also can count on our expert approach to sleep-related breathing disorders, which we are able to treat without surgery. Our methods have helped adults and children live better lives, eliminated headaches, and even solved cases of chronic bed wetting. Our goal is to improve the quality of life for adults and children in the area, using the latest technology to accomplish our goal.

MLS LASER

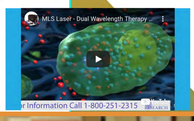
MULTI-WAVE LOCKED SYSTEM
The synchronized action, specific of MLS Laser Therapy, allows you obtain a complex and refined light pulse to feel better faster.

PRODUCTS

"MLS Warm Laser Technology" Our office uses MLS Laser Therapy, a revolutionary system that has been shown to reduce inflammation, reduce pain, and promote healing DRUG-FREE! This laser is the pride and joy of our office. Almost everything a Dentist treats is either painful, or inflammatory, and some procedures require rapid healing. This laser causes no pain, and works immediately on your pain and inflammation to make you feel like you didn't even go to the dentist, as soon as possible!

TECHNOLOGY IN THE PRACTICE

MLS Laser Therapy technology is the most advanced laser therapy system on the market. Reduction of response times, and therefore overall treatment times, distinguishes MLS Laser Therapy from traditional laser therapy with reciprocal advantages for both the operator and the patient.



JOINT VIBRATION ANALYSIS

All occlusal analysis, starts with the TM Joint. BioJVA or "Joint Vibration Analysis" is a quick, non-invasive method for objectively evaluating the Temporomandibular Joints.

PRODUCTS

Your TMJ's or jaw joints are the skeletal foundation of your mouth. All dentists are required to assess the health and function of your TMJ's. Our office uses Joint Vibration Analysis (JVA) which records the vibrations created by joint fluid, cartilage and bone as you open and close your mouth. This test allows us to objectively measure and document the health of your Jaw Joint in just 10 seconds of opening and closing.

TECHNOLOGY IN THE PRACTICE

Joint Vibration Analysis is based on simple principles of motion and friction. When smooth surfaces rub together, little friction is created, and little vibration. If these surfaces become rough, then friction and vibration are created when these surfaces articulate.

T-SCAN OCCLUSAL ANALYSIS

The T-Scan NOVUS brings unprecedented accuracy to analysis of dental occlusion, making you a more informed practitioner.

PRODUCTS

Many dental procedures can change the way you bite. Fillings, crowns, bridges, extractions, and orthodontics as well as many more. For over 100 years dentists have relied on paper covered in ink to see where the upper and lower teeth contact. But this old technique gives no information on the force, timing, and balance of your bite. And that's exactly what makes you feel your bite is "off". We use the T-Scan NOVUS system that displays all this information on a computer so that your dentist can use it to get your bite right, with minimal tooth loss from guessing.

TECHNOLOGY IN THE PRACTICE

For years, dental occlusion had been largely a matter of guesswork for dentists. Meet the next evolution of dentistry with the T-Scan innovative solutions.

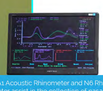
NARIS – RHINOMETRY/RHINOMANOMETRY

A1 ACOUSTIC RHINOMETER AND N8 RHINOMANOMETER
The A1 Acoustic Rhinometer and N8 Rhinomanometer assist in the collection of nasal investigation data by using a sound pulse technology and a flow/pressure measurement.

PRODUCTS

How you breathe through your nose can be influenced by proper growth and development of your upper and lower jaws. We measure how you breathe through your nose and may be able to improve that with various treatment options or in cooperation with an ENT.

TECHNOLOGY IN THE PRACTICE



The A1 Acoustic Rhinometer and N8 Rhinomanometer assist in the collection of nasal investigation data by using a sound pulse technology and a flow/pressure measurement. The examination of nasal structure is done using the sound pulse of the Rhinometer. The examination of nasal function is measured via the Rhinomanometer.

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TMJ & Sleep Therapy Centre of San Diego

HEALTH

MONTHLY NEWSLETTER | 2020 AUGUST

HIGHLIGHT CONNECTION

Dr. Steven Olmos Gives You a Tour of the TMJ & Sleep Therapy Centre of San Diego!

EDUCATION CONNECTION

Oral Appliances — Past, Present, and Future

Dr. Steven R. Olmos and Matt Rago review oral appliances and their characteristics

Oral appliances designed for relief of facial pain and jaw dysfunction, sleep breathing disorders, and orthodontics have been utilized for many years with little change in materials until recently. This article will review indications/limitations of existing designs/materials, and how computer aided manufacturing allows for better and healthier alternatives. There is always a reason for patients' symptoms. Chronic face, jaw, head, and neck pain are all interrelated and are highly comorbid with sleep breathing disorders.1 Malocclusion, skeletal development deficiencies, and teeth crowding are symptoms of a functional breathing disorder.2-3 Oral appliances are used for each indication.

Acute/Chronic Pain Appliances

Acute pain that is the result of trauma without history of signs or symptoms of TM-related pathology is usually temporary and best treated in that way. A clinical examination and imaging are necessary to rule out fracture. Reduction of inflammation/pain with NSAIDs and over-the-counter decompression oral devices (Aqualizer®/Myobrace®)are sufficient for a 2-week period.

Symptoms lasting longer than 2 weeks or when combined with a history of signs or symptoms of limited opening or orofacial pain-headaches (craniofacial pain) often require therapy similar to other orthopedic or rheumatologic disorders.Treatment goals are to decrease pain, advance joint loading, restoration of function, and resumption of normal daily activities. This is often accomplished by oral appliances, physical/medical regimens, and elimination the effects of all contributing factors. Finding the origin is key. It has been my experience that early is surgery necessary to treat most TM conditions that are not related to cancer, trauma, or systemic disease.

It is commonly agreed that a conservative approach using reversible modalities should be the first approach in the treatment of chronic facial pain conditions.

The EAT literature was the first to describe the loss of vertical height or the need to decompress the TM joints for relief of these symptoms. J. S. Costen in 1934 described the symptoms summarized in Arthur Friesen's paper published in AMA Arch Otolaryngology in 1955.8

1. Otological symptoms: loss of hearing, stuffiness in the ears, and tinnitus aurium.

2. Head and neck pain: pain in and about the ears, headaches in the vertex and occipital regions, and pain typical of "sinus disease."

3. Miscellaneous symptoms: vertigo, tenderness of the temporomandibular joint to palpation, burning sensations in the tongue and throat, and a metallic taste.

Various designs of appliances that are used for either day or night use for decompression purposes have utilized acrylic (methyl methacrylate) since the1950s. Gelb, MCKirk appliances, Michigan splints, Farrar splint, stabilization splints, neuromuscular appliances, neural motor appliances (Staar), and many more variations are examples.

The commonality is acrylic and often ball clasps — inflammatory base materials with retention that often create diastemas with long-term use. They can be milled from a methyl methacrylate puck using digital technology; however, clinically, there are no differences from the lab- fabricated versions in terms of durability or wear characteristics.

Read Entire Article

CRANIOFACIAL PAIN (TMD/TMJ)

Head and Face Pain / Facial Neuralgia TMJ Pain / Orthopedic Dysfunction Primary Headaches Migraines

Facial pain, headaches and jaw problems are frequently only a symptom secondary to a greater problem affecting the body, much like a fever is secondary to the common flu.

SYMPTOMS

If any of the following symptoms affect your daily life or you are taking regular pain medication or sleeping aids, you may be suffering from TMD and should be evaluated by a dentist trained in diagnosing and treating these disorders.

- **Headaches - recurring or chronic**
- **Earache or ear symptoms of stuffiness or ringing**
- **Neck Pain or Stiffness**
- **Facial Pain**
- **Jaw joint sounds** *(clicking, popping or grating)*
- **Limited ability to open or close mouth**
- **Jaw locking** *(opened or closed)*
- **Sensitive, loose or worn down teeth**
- **Pain or soreness in the TM joints**
- **Dizziness or Pain or difficulty chewing or swallowing**

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OUR TEAM CONNECTION

Doug Smith, DDS, FAACP

Dr. Douglas Smith comes from the East coast. He received a Bachelor's degree in chemistry in 1973 from Wagner College in Staten Island, New York, graduating Magna Cum Laude. He served as a practicing chemist and won chemistry awards prior to attending New York University Dental School from 1978 to 1982. Dr. Smith completed his General Dentistry Residency at University Hospital in Newark, New Jersey and established a private practice in Manalapan, New Jersey in 1983. In 2005, he moved cross country to join the TMJ & Sleep Therapy Centre of San Diego, CA. Dr. Smith has more than 2,500 hours of continuing education with a concentration in TMD, Craniofacial Pain and Sleep-Related Breathing Disorders. Dr. Smith was awarded Fellowship status in the American Academy of Craniofacial Pain in 2005.

Dr. Smith is a sports junkie! When he has time you will find him watching any and all sporting events - from Alabama Football to the NY Mets, to the NY Knicks. Next to a piece a game to be watched. He is hoping this will be the year for one of his beloved teams.

DOCTOR OF THE MONTH!

JULY

July's doctor of the month is Ian M. Purcell, MD, PhD of San Diego, CA. Thank you for your continued support and referrals!

Ian M. Purcell, MD, PhD

7525 Mesa College Drive, San Diego, CA 92111

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ASK DR. OLMOS CONNECTION

Weekly episodes of "Ask Dr. Olmos" are live on our YouTube channel!

Watch Episode 2:

Dr. Olmos answers "When I have a sore neck, I don't feel like I have as much upper-body strength. Why is this?"

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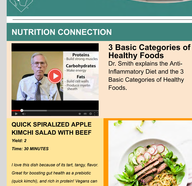


Do you know someone in need of treatment?

Refer your friends and family and receive a $10 Starbucks gift card as a thank you!

NUTRITION CONNECTION

3 Basic Categories of Healthy Foods

Dr. Smith explains the Anti-Inflammatory Diet and the 3 Basic Categories of Healthy Foods.

QUICK SPIRALIZED APPLE KIMCHI SALAD WITH BEEF

Yield: 2

Time: 30 MINUTES

I love this dish because of its tart, tangy, flavor. Great for boosting gut health as a probiotic (quick kimchi), and rich in protein! Organic cane sugar for tofu or tempeh, just be sure to use fermented cultured soybeans that are organic/non-GMO.

SPIRALIZED APPLE KIMCHI

SALAD INGREDIENTS:

2 apples (green and/or red). One of each is best combo!

1 small seedless cucumber

1 green onion sliced.

1 tbsp hot mustard (wasabi or a Dijon mustard

1 tbsp chili sauce (ex chili paste or Sriracha). For Whole 30 option use

1/4 tsp pinch of paprika

1/4 tsp sea salt

1 tbsp rice vinegar (rice wine vinegar)

1-2 tsp fresh grated fresh ginger or 1/4 to 1/2 tsp Ground ginger

Crushed black pepper to taste

GARLIC/SESAME BEEF INGREDIENTS:

2 tsp oil (avocado or sesame oil for frying)

2 tsp minced garlic (2-3 cloves minced)

1 tsp tamari sauce (Gluten Free soy sauce. Whole 30 option see notes)

6 – 8 oz organic lean beef (top round, steak, especially lean only, 95 % lean ground).

1 to 2 tbsp sesame seeds for topping (extra for garnishing and plating)

Sea salt and pepper to taste

GARNISHES FOR THE SALAD

Leafy greens

Sliced radish (1/2 cup)

Optional: crushed red pepper flakes

Optional: fresh cilantro

NOTE

** For whole 30 tamari sauce, use coconut aminos*

** For whole 30 Chili sauce, use sugar free option*

** You don't need to use the spiralizer, it works well shredded too. Keep the peel on for much crunch. Don't eat beef? Try with chicken, smoked salmon, tempeh, etc.*

NUTRITION

Serving Size: 1

Calories: 305

Sodium: 450 mg

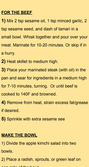
Fat: 11 g

Saturated Fat: 3.5 g

Carbohydrates: 20 g

Fiber: 6 g

Protein: 33 g



INSTRUCTIONS

1) Find prepare your quick Apple kimchi Salad: Spiralize (or julienne slice) your apples. It's best to use a green and red to even out tartness with taste. But any apple will do if you don't have one of each.

2) Spiralize or julienne slice your cucumber. Place in a large bowl and press out any excess water with a paper towel. Set aside.

3) Chop your onion and garlic (if using cloves) and place in a small mixing bowl.

4) Then add in your mustard, spices, chili sauce, vinegar, and tasty fish ginger. Fresh always taste better but ground works fine too.

5) Toss kimchi flavored apple cucumber salad all together.

6) Place in fridge to marinate while you cook beef.

FOR THE BEEF

1) Mix 2 tsp sesame oil, 1 tsp minced garlic, 2 tsp sesame seeds, and dash of tamari in a small bowl. Whisk together and pour over your meat. Marinate for 10-20 minutes. Or skip if in a hurry

2) Heat skillet to medium high.

3) Place your marinated steak (with oil) in the pan and sear for ingredients in a medium high for 7-10 minutes, turning. Or until beef is cooked to 140F and browned.

4) Remove from heat, strain excess fat/grease if desired.

5) Sprinkle with extra sesame see

MAKE THE BOWL

1) Divide the apple kimchi salad into two bowls.

2) Place a radish, sprouts, or green leaf on one side of the bowl.

3) Divide the beef strips (or ground) into the two bowls or plates.

4) Top beef with extra red pepper flakes and sesame seed if desired.

5) Drizzle any extra sauce on top of salad.

6) Garnish with cilantro.

Recipe brought to you by - LINDSAY COTTER

PRINT RECIPE

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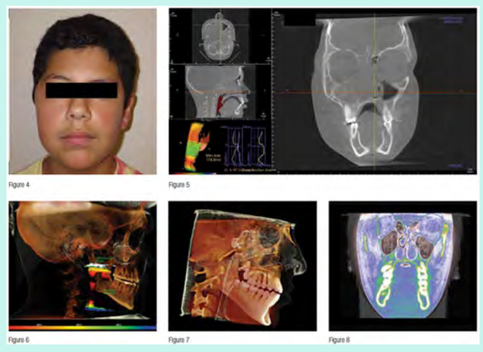
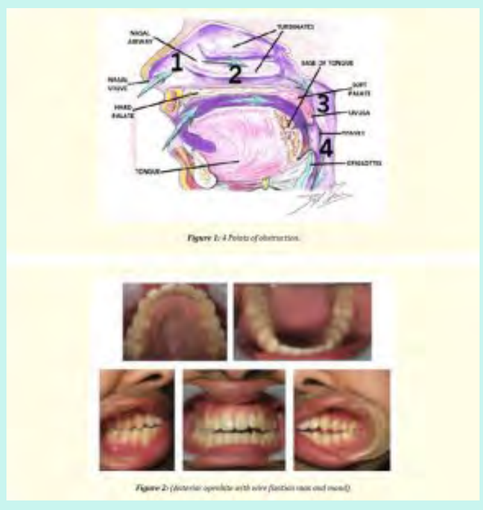


Treating Chronic Pain & Breathing Disorders with Technology

Dr. Steven R. Olmos explores high-tech solutions to treatment problems.

Chronic pain and breathing disorders can be effectively treated with various technologies that take the frustration out of treatment for both the clinician and the patient. Check out the variety of technologies that help Dr. Steven Olmos treat these disorders.

READ MORE



Improved Nasal Volume Utilizing Hyperosmotic Saline Xylitol Mixture

(Effective Alternative or Adjunct to Decongestants and Antihistamines)

by Dr. Steven R. Olmos & Dr. Joseph Baba

This paper quantifies the reduction of soft tissue hypertrophy of the nasal complex resulting in an increase of nasal volume and increased flow using a mixture of Xylitol and Saline. The health benefits of improved nasal breathing through increased inspired nasal NO (nitric oxide) and the antimicrobial benefits of Xylitol are discussed. Restoration of functional breathing (nasal) and it's relation-ship to up righting head posture is reviewed.

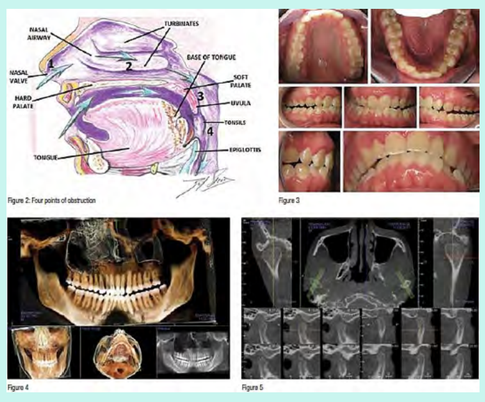
READ MORE

Oral Appliances Past, Present, and Future

by Dr. Steven R. Olmos and Matt Rago review oral appliances and their characteristics

Oral appliances designed for relief of facial pain and jaw dysfunction, sleep breathing disorders, and orthodontics have been utilized for many years with little change in materials until recently. This article will review indications/limitations of existing designs/materials, and how computer-aided manufacturing allows for better and healthier alternatives.

READ MORE



Improving Quality of Life and Faces Nonsurgically

by Steven Olmos, DDS, DABCP, DABCDSM, DABDSM, DAAPM, FAAOP, FAACP, FICCMO, FADI, FIAO

A case study featuring a young patient is presented as an example of the airwaycentered philosophy that essentially is defined as a mandibular relationship that produces the optimal orthopedic function of the temporomandibular (TM) joints and prevents or reduces airway collapse (oropharyngeal) in the unconscious state (sleep).

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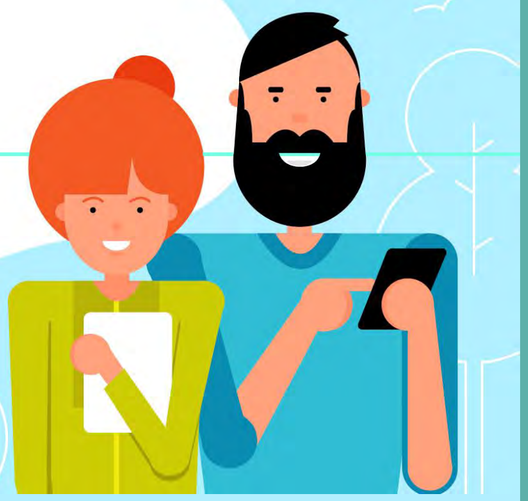

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NEW BLOG

Dr. Steven Olmos and the team at TMJ & Sleep Therapy Centre of San Diego are glad to inform you about our new blog page. A new tool that would help you gain knowledge about your condition, keep you informed and give you great anti-inflammatory diet recipes.

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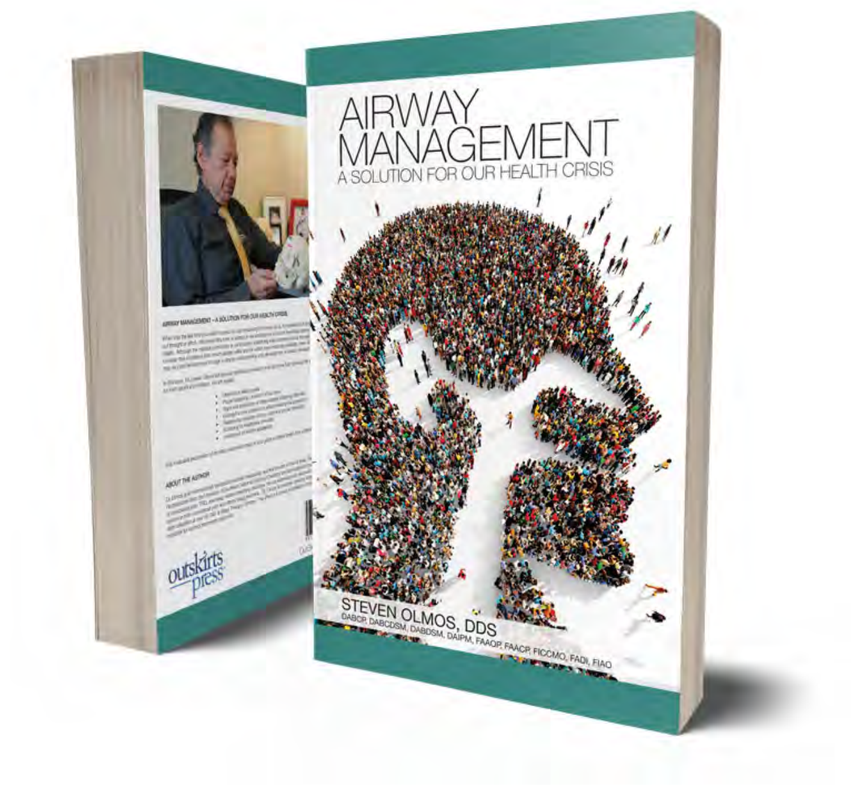
Airway Management

A Solution for our Health Crisis

by Steven Olmos (Author)



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- Proper breathing / function of the nose
- Signs and symptoms of sleep-related breathing disorders
- Finding the core problem vs simply treating the symptoms
- Relationship between chronic pain and proper breathing
- Screening by healthcare providers
- Importance of patient awareness

This invaluable exploration of an often overlooked topic is your guide to better health and a better life.

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DO YOU KNOW SOMEONE IN NEED OF TREATMENT?

Facial pain, headaches and jaw problems are frequently only a symptom secondary to a greater problem affecting the body, much like a fever is secondary to the common flu.

If any of the following symptoms affect your friends or family's daily lives or if they are taking regular pain medication or sleeping aids, they may be suffering from TMD or a sleep breathing disorder and should be evaluated by a dentist trained in diagnosing and treating these disorders

- Headaches - recurring or chronic
- Earache or ear symptoms of stuffiness or ringing
- Neck Pain or Stiffness
- Facial Pain
- Jaw joint sounds *(clicking, popping or grating)*
- Limited ability to open or close mouth
- Jaw locking *(opened or closed)*
- Sensitive, loose or worn down teeth
- Pain or soreness in the TM joints
- Dizziness or Pain or difficulty chewing or swallowing

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Patient Testimonial
Dr. Olmos found the root of the problem and Tony was able to walk out of his treatment pain free!

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CHASING PAIN

Diagnosing and Treating Trigeminal Neuralgia in General Dentistry

by Steven Olmos, DDS, DABOP, DABCDSM, DABDSM, DAAPM, FAAOP, FAAOP, FICOMD, FADI, FIAO

In the United States, nearly half of all adults lived with chronic pain in 2011. Of 353,000 adults aged 18 years or older who were surveyed by Gallup-Health ways, 47 percent reported having at least one of three types of chronic pain: neck or back pain, knee or leg pain, or recurring pain.2

A study published in The Journal of the American Dental Association October 2015 stated: "One in six patients visiting a general dentist had experienced orofacial pain during the last year. Pain in the muscles and temporomandibular joints was reported as frequently as that in the teeth and surrounding tissues in patients visiting general dentists."

The practical implications for this study were as follows:

"Although the dental curriculum is concentrated on the diagnosis and management of pain and related conditions from teeth and surrounding tissues, it is imperative to include the training for other types of orofacial pain, particularly those from temporomandibular joint and musculoligamentous tissues."3

Pain in the orofacial regions affects 21.7 percent of the population in the United States and costs more than $22 billion each year.4

Patients over the age of 45 and women have the highest prevalence of facial pain. Women have higher incidence for musculoskeletal pain.5 Hormones play a role in chronic pain/TMD, as testosterone reduces pain transmission 6 and estrogenexacerbates pain in the face and jaw.7

An established relationship exists between OSA and TMD.8, 9 Two studies tested the hypothesis that OSA signs and symptoms were associated with TMD: the OPPERA prospective cohort study of adults aged 18-44 years at enrollment (n= 2,604) and the OPPERA case-control study of chronic TMD (n = 1,716). Both studies supported a significant association between OSA symptoms and TMD, with prospective cohort evidence finding that OSA symptoms preceded first-onset of TMD: patients with two or more signs and/or symptoms of OSA had a 73 percent greater incidence of first-onset TMD.

So breathing and facial pain/TMD are linked by sleep bruxism (SB), as the method of chronic irritation to the joint structures and facial muscles. SB has been linked to maintaining airway patency in OSA.He however the most recent research published in Chest 2015 demonstrates that respiratory-effort-related arousal may be the most likely cause (nasal obstruction or mouth breathing) in Rising C(2) (hypercapnia) in a patient with asleep-breathing disorder (including mouth breathing) specifically stimulates the superficial masseter muscles to contract.10

Identifying the structural area of obstruction (Four Points of Obstruction: Fig. 1) of the airway will insure the most effective treatment for asleep-breathing disorder and effectively reduce the facial muscle contraction, which in turn will result in reduction of facial-pain complaints and nerve entrapments (trigeminal neuralgia). It will also insure proper swallowing and tongue posture that will result in reduced orthodontic relapse (anterior and lateral open bite).13

Read Entire Article

TECHNOLOGY IN THE PRACTICE

There are a lot of items on the market that claim they treat TMJ pain and sleep disorders. Most of these products offer little to no relief. Why is that? Because both TMJ pain and sleep disorders are secondary conditions that are caused by an underlying primary condition. Just what this condition is will vary from patient to patient. Our goal is to improve the quality of life for adults and children in the area, using the latest technology to accomplish our goal.

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Be sure to save our email address so you don't miss out on upcoming newsletters.

OUR TEAM CONNECTION

Veronica Ledesma
Office Manager/Treatment Coordinator

Veronica is originally from a small town called Gilroy, CA., the Garlic Capitol of the world! She began her Healthcare Career at a young age. Today she nearly has 20 years of experience in the Healthcare Industry. Veronica has spent the last several years working as an educator in a college sharing her knowledge with students. Her solid healthcare experience and passion for helping others will ensure that you receive excellent customer service as a patient at TMJ & Sleep Therapy Centre of San Diego. In her spare time, Veronica enjoys spending time with her three children and taking family trips.

DOCTOR OF THE MONTH!

AUGUST

August's doctor of the month is Dr. R. Andres Garcia of San Diego, CA. Thank you for your continued support and referrals!

Dr. R. Andres Garcia
12750 Carmel Country Rd. Ste. 204 San Diego, CA 92130
(858) 755-7805

ASK DR. OLMOS CONNECTION

Weekly episodes of "Ask Dr. Olmos" are live on our YouTube channel!

Watch Episode 3:

On this week's episode of Ask Dr. Olmos, Dr. Olmos explains how the treatment options at TMJ & Sleep Therapy Centre of San Diego are different than other options you might've tried.

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NUTRITION CONNECTION

Try this Anti-Inflammatory Tuna Salad!

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MEDITERRANEAN TUNA SALAD WITH AVOCADO & NO MAYO!

Yield: 6

This paleo Mediterranean Tuna Salad is made with no mayo is packed with veggies, artichoke, capers, avocado, a delicious red wine vinaigrette, and so much more! It is the BEST lightened-up tuna salad perfect for lunch any day of the week and great for meal prepping!

INGREDIENTS:

- 2 cans Genova Seafood Yellowfin Tuna or Albacore Tuna, drained
- 1 cucumber, chopped
- 1/2 red onion, diced
- 1 cup roasted red peppers, chopped
- 1/2 cup pepperoncini, diced
- 1/3 cup parsley, finely chopped
- Sundried tomatoes, chopped
- 2 teaspoons capers
- Optional: 1/4 cup feta cheese
- Optional olives
- Optional: 1 14.5 ounce can chickpeas, drained and rinsed
- 1/2 avocado, diced
- Pinch of fine sea salt
- Pinch of black pepper

REDWINE VINAIGRETTE:

- 2 tablespoons olive oil
- 2 tbsp red wine vinegar
- 1 teaspoon lemon juice
- 1 teaspoon dried parsley
- 1 teaspoon dried oregano
- Pinch fine salt
- Pinch black pepper

INSTRUCTIONS:

1) In a large bowl combine all of the salad ingredients.

2) In a small bowl, whisk together dressing ingredients.

3) Pour dressing over ingredients and toss to combine.

4) Taste and adjust spices as desired!

5) Serve over a salad, on a sandwich, with pasta added in, on lettuce wraps, or in 1/2 of an avocado!

RECIPE NOTES:

Omit the optional chickpeas for a Whole30 compliant and Paleo-Friendly lunch!

NUTRITION:

Calories: 147
Carbohydrates: 12g
Sodium: 488mg
Protein: 9g
Saturated Fat: 1.6g
Fiber: 3.4g
Cholesterol: 9mg
Sugar: 4g
Fat: 8.4g
Recipe brought to you by: LEXI

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#AntiInflammatoryDiet

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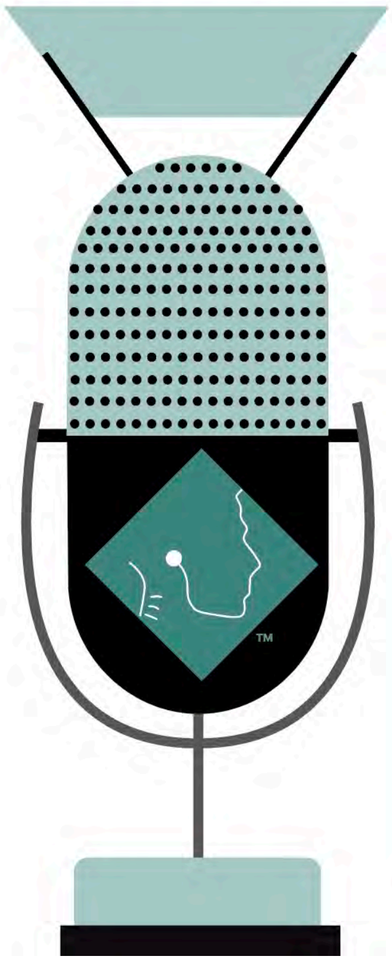

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With Dr. Steven Olmos & the experts at TMJ & Sleep Therapy Centre of San Diego.

Be sure to listen to *Breathe. Sleep. Heal. Live*., our radio-broadcast archives where you will hear from Dr. Steven Olmos and the experts at TMJ & Sleep Therapy Centre of San Diego. Visit us at TMJSleepSD.com/News/ to learn more about Chronic Pain and Sleep Breathing Disorders!

"Intro and Development of TMJ & Sleep Therapy Centre"
Dr. Steven Olmos, Susan Olmos & Colette Settle | 3/10/18
[Listen to the Entire Radio Show]

"Treatment and How it has Evolved"
Dr. Steven Olmos | 3/17/18
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"Why Sleep is Important"
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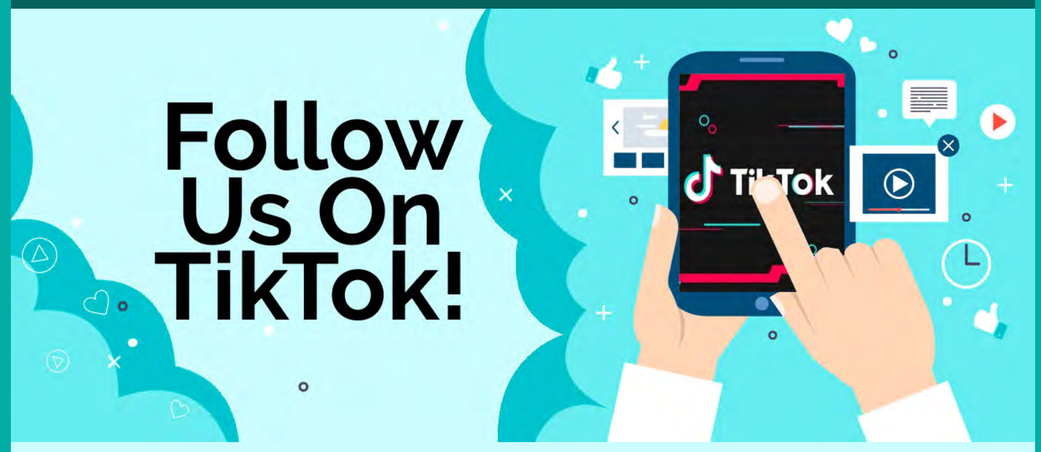

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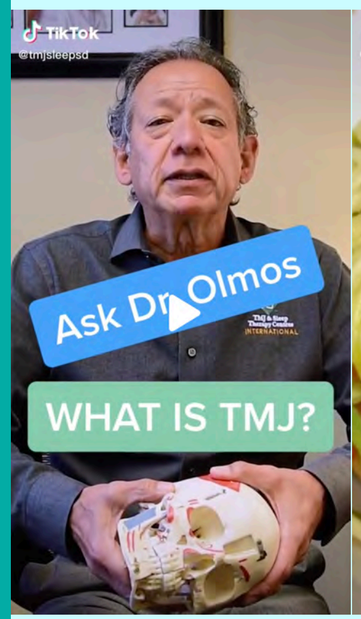

We've joined TikTok

Our official TikTok account @TMJSleepSD

We're really excited about launching on TikTok and getting creative on the platform with our TMJ & Sleep Therapy Centre of San Diego team. You'll have access to short educational videos, mini-series, anti-inflammatory recipes as well as memorable fun videos.

We hope our referring doctors and patients have fun watching and engaging with us!

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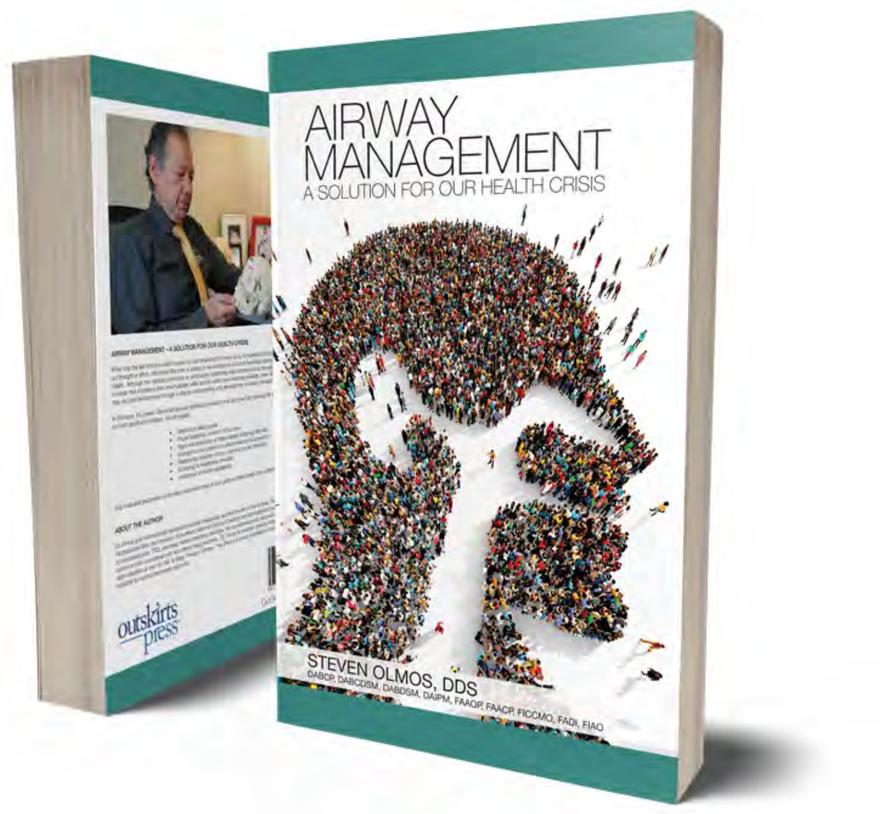

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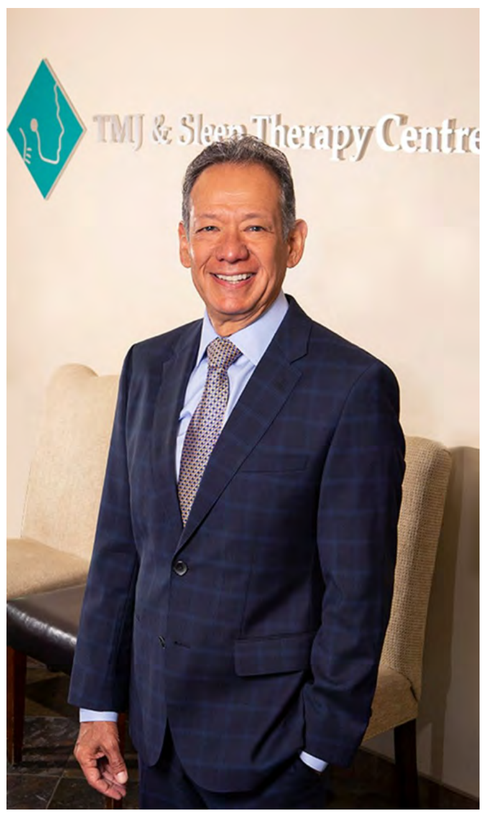

Airway Management

A Solution for our Health Problem

by Steven Olmos (Author)

When was the last time you really focused on your breathing? For most of us, it's something that automatically happens without thought or effort. We invest little time or energy in the importance of proper breathing (airway management) for optimum health. Although the medical community is continuously identifying links between airway management and health, we rarely consider that conditions from which people suffer and for which they medicate (diabetes, heart disease, high blood pressure) may very well be improved through a simple understanding and development of airway management.

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- Finding the core problem vs simply treating the symptoms
- Relationship between chronic pain and proper breathing
- Screening by healthcare providers
- Importance of patient awareness

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"Ask Dr. Olmos" a weekly series where Dr. Steven Olmos answers YOUR questions!

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Episode 4

On this week's episode of Ask Dr. Olmos, Dr. Olmos answers the question "Do I have to wear the appliance when I eat?"

Ask Dr. Olmos
Episode 5

On this week's episode of Ask Dr. Olmos, Dr. Olmos answers the question "Are TMJ specialists medical physicians or dentists?"

Ask Dr. Olmos
Episode 6

Dr. Olmos answers "Is the only treatment for Sleep Apnea a CPAP or can I use an oral appliance?"

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CPAP ALTERNATIVES

Dr. Olmos explains Sleep Apnea treatment options other than a CPAP Machine.

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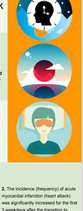
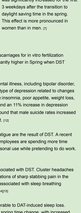
EDUCATION CONNECTION

WHAT ARE 7 WAYS THAT DAYLIGHT SAVINGS CAN WRECK A PERSON'S HEALTH?

Daylight saving time (DST) has many health and safety concerns for individuals and our community. These transitions can disrupt chronobiologic rhythms and influence the duration and quality of sleep, and the effect lasts for several days after the shifts. [1][2]





1. Losing an hour of sleep can be a dangerous situation for fatigue, especially if the person has obstructive sleep apnea. Consequences in regard to increased frequency of automobile accidents and work place accidents is well documented. [3][4][5][6]

Illustration of Traffic Accidents on the Monday before and after the Shifts to and from Daylight Savings Time for the Years 1995 and 1996.[7]

2. The incidence (frequency) of acute myocardial infarction (heart attack) was significantly increased for the first 3 weekdays after the transition to daylight saving time in the spring. This effect is more pronounced in women than in men. [7]

3. The start of DST has been linked to miscarriages for in vitro fertilization patients. Pregnancy loss rates are significantly higher in Spring when DST occurred after embryo transfer at 24%. [8]

4. A one-hour loss of sleep can precipitate mood changes, including bipolar disorder, and seasonal affective disorder (SAD). A type of depression related to changes in seasons. Symptoms for spring SAD are insomnia, poor appetite, weight loss, agitation, anxiety. [9][10] A Danish study found an 11% increase in depression cases after DST. [11] An Australian study found that male suicide rates increased the days after the spring and fall DST shift. [12]

5. Reduction of productivity at work and fatigue are the result of DST. A recent study demonstrated that sleep deprived employees are spending more time "cyberloafing" or using the internet for personal use while pretending to do work. [13]

6. Increases in cluster headaches are associated with DST. Cluster headaches are severe with volleys or cluster presentations of sharp stabbing pain in the head. These headaches are debilitating, associated with sleep breathing disorders, and tend to occur seasonally. [14][15]

7. High school teens are particularly vulnerable to DAT-induced sleep loss. Teens have significant sleep lost after the spring time change, with increased sleepiness, delayed reaction time, and lapsed attention. This affected performance and is a risk for motor vehicle accidents. [16]

By Steven Olmos, DDS, DABCP, DABCSM, DABSDM, DAPM, FAACP, FACP, FICOMO, FACO, FIAO

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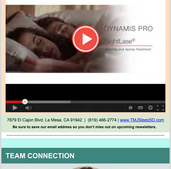
TECHNOLOGY CONNECTION

TMJ & Sleep Therapy Centre of San Diego introducing NIGHT LASE®
Non-Surgical Airway Enhancement Treatment

At TMJ & Sleep Therapy Centre, we understand that successful treatments are based on treating the cause, not just the symptoms. Dr. Olmos has developed a proven system for the diagnosis and treatment of craniofacial pain (TMJ, headaches, facial pain) and treatment of sleep disorders (sleep apnea, snoring) without surgery. Our practice is focused solely on improving the quality of life for children and adults suffering from craniofacial pain and sleep apnea. We use the latest technological advances and provide non-surgical therapies and treatment options.

NIGHT LASE® is a breathing-edge laser procedure. It is a NON-invasive, NO appliance, simple and effective way of keeping your airway open.

- Non-Invasive
- No Pain, No Scalpels, No Sutures
- Increases Sleep Quality
- Lessens Effects of Snoring
- Safe & Patient-Friendly Treatment
- High Success Rate
- Laser Light Therapy Tightens Tissue & Opens Airways



How Nightlase® Works

Laser energy is used to heat the tissues of the airway causing a tightening effect which helps to keep your airway open. Nightlase® is performed with approximately three short treatments spaced over 2 months. Each treatment lasts 15 minutes and requires no anesthesia. The procedure is comfortable and you can resume your daily routine immediately afterwards. Results are often seen after the first session.

7676 El Cajon Blvd, La Mesa, CA 91942 | (619) 466-2774 | www.TMJsleep20.com
Be sure to save our email address so you don't miss out on upcoming newsletters.

TEAM CONNECTION

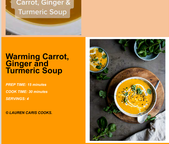
Jody Duhamel
Patient Ambassador

Meet Jodi! Jodi in Oakland California When she is not assisting our wonderful patients at the front desk you can find her reading a book, or spending time with friends and family

COMMUNITY CONNECTION

SEPTEMBER

September's doctor of the month is Dr. Qadeer of San Diego, CA. Thank you for your continued support and referrals!



Dr. Qadeer
7625 Mesa College Dr #100 San Diego, 92111
(858) 877-9540

ASK DR. OLMOS CONNECTION

Weekly episodes of "Ask Dr. Olmos" are live on our YouTube channel!

Watch Episode 4:

Dr this week's episode of Ask Dr. Olmos, Dr. Olmos answers the question "Do I have to wear the appliance when I eat?"

SUBMIT YOUR QUESTIONS

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"Sleep/TMJ/TMD Support/Discussion Group"

Join Us!

Share success stories and encouragement. Learn from our **TMJ & Sleep Therapy Centres around the world**

NUTRITION CONNECTION

Anti Inflammatory carrot, ginger and turmeric soup that's absolutely bursting with fresh, warming flavors!

FOLLOW US ON TikTok!

Warming Carrot, Ginger and Turmeric Soup

***PREP TIME:** 15 minutes*
***COOK TIME:** 30 minutes*
***SERVINGS:** 4*

© LAUREN CARIS COOKS.

INGREDIENTS:

- 3 Carrots
- 1 White Onion
- 3 cloves garlic minced
- 1 inch Piece of Fresh Ginger finely grated
- 2 inch Piece of fresh Turmeric finely grated
- 4 cups (950ml) Vegetable Stock
- 1 tbsp Lemon Juice/Canned Coconut Milk (for topping)
- Black Sesame Seeds (for topping)

INSTRUCTIONS:

1. Dice the onion and carrot into small chunks (no need to be precise as everything will be blended at the end), and grate the ginger and turmeric finely.
2. Heat a small amount of olive oil in the bottom of a large stock pot and saute the onion for 3 minutes until translucent, then add the minced garlic, turmeric and ginger and saute for another 1 minute.
3. Next, add the diced carrot and saute for another 2 minutes. Then add the vegetable stock and simmer for 20-25 minutes until the carrot is cooked through and soft.
4. Use a stick blender to blend the soup until it's smooth, or transfer into a standing blender and blend. Stir in the lemon juice, then serve with a swirl of coconut milk and some black sesame seeds.

PRINT RECIPE

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Sleep/TMJ/TMD
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Meet new people, share knowledge, share success stories, get support and communicate with other patients, from other TMJ Centres around the world. A safe online space for like-minded individuals.

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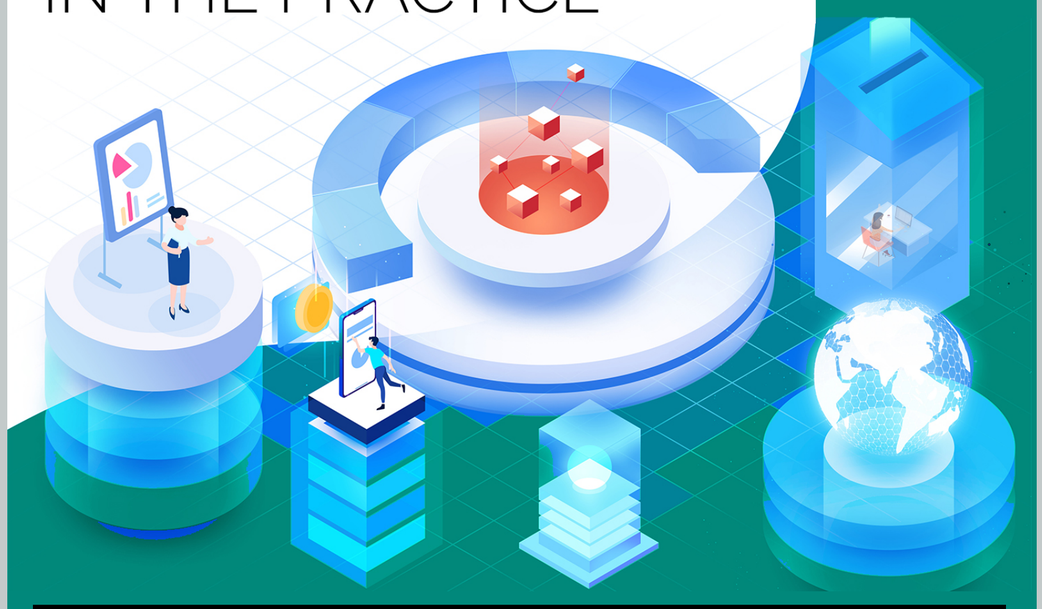
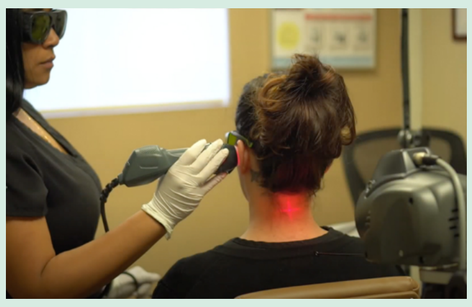
TECHNOLOGY IN THE PRACTICE



There are a lot of items on the market that claim they treat TMJ pain and sleep disorders. Most of these products offer little to no relief. Why is that? Because both TMJ pain and sleep disorders are secondary conditions that are caused by an underlying primary condition. Just what this condition is will vary from patient to patient. Our goal is to improve the quality of life for adults and children in the area, using the latest technology to accomplish our goal.

JOINT VIBRATION ANALYSIS

LEARN MORE



MLS LASER

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T-SCAN OCCLUSAL ANALYSIS

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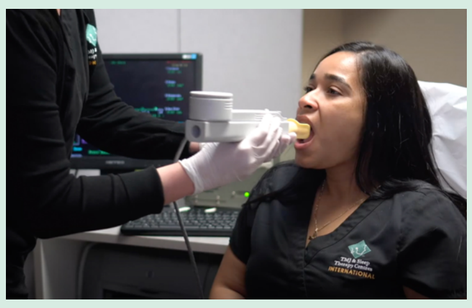

NARIS – RHINOMETRY/ RHINOMANOMETRY

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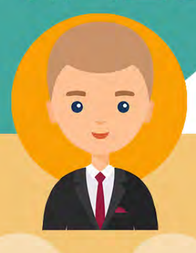
PATIENT TESTIMONIALS

… I had my jaw pain for a year… [I visited] Dr. Olmos and I started my treatment with him in February and it's been like 12 weeks… my pain… has subsided it…

Victoria



Before coming to TMJ I felt very tired, lethargic during the day due to snoring and sleeping problems…I am sleeping 100% better…

Todd

…I first came here with a locked Jaw, I wasn't able to open my mouth at all and then within a day or two, they had me fitted for an appliance…within 6 months I did not have any jaw pain…

Jenna

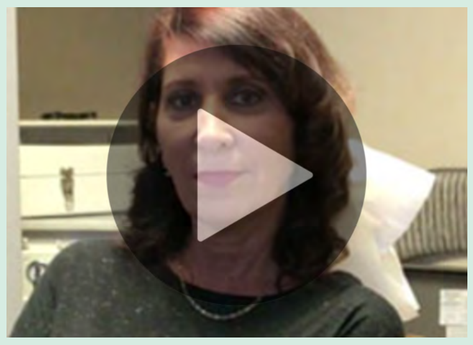
We appreciate your testimonials and we thank you for letting us be part of your better health journey!

Our goal is to improve the quality of life in adults & children with non-surgical therapies and using the latest technology to accomplish our goal. Your comments will impact the life of others and together we will help improve the health of our community; one patient at a time.

Write Your Testimonial on Google Today

"…I been dealing with TMJ one way or another since I was a teenager. I probably went to about a half a dozen people who claimed that they could help me, but they never really were able to solve the pain problem…finally I found Dr. Olmos…my pain is significantly almost totally gone…"

LEARN MORE



"… I came to Dr. Olmos and Dr. Smith the TMJ & Sleep Therapy Centre on a referral from my chiropractor …I was having terrible jaw pain for a really long time ...the first thing he did was help me with my jaw pain… but the most incredible thing is the way he improved my life beyond that!"

LEARN MORE

"Parkinson's is a progressive disease, but as a result of Dr Olmos and his treatment, I am doing better this year than I was a year ago; I can go to bed and sleep well, the pain in my shoulders and neck is gone…"

LEARN MORE

"I thought I had an ear infection and jaw pain that moved into my right ear... it was excruciating pain, neck pain, back pain... I don't have the pain, my jaw pain is gone, my back pain is gone..."

LEARN MORE

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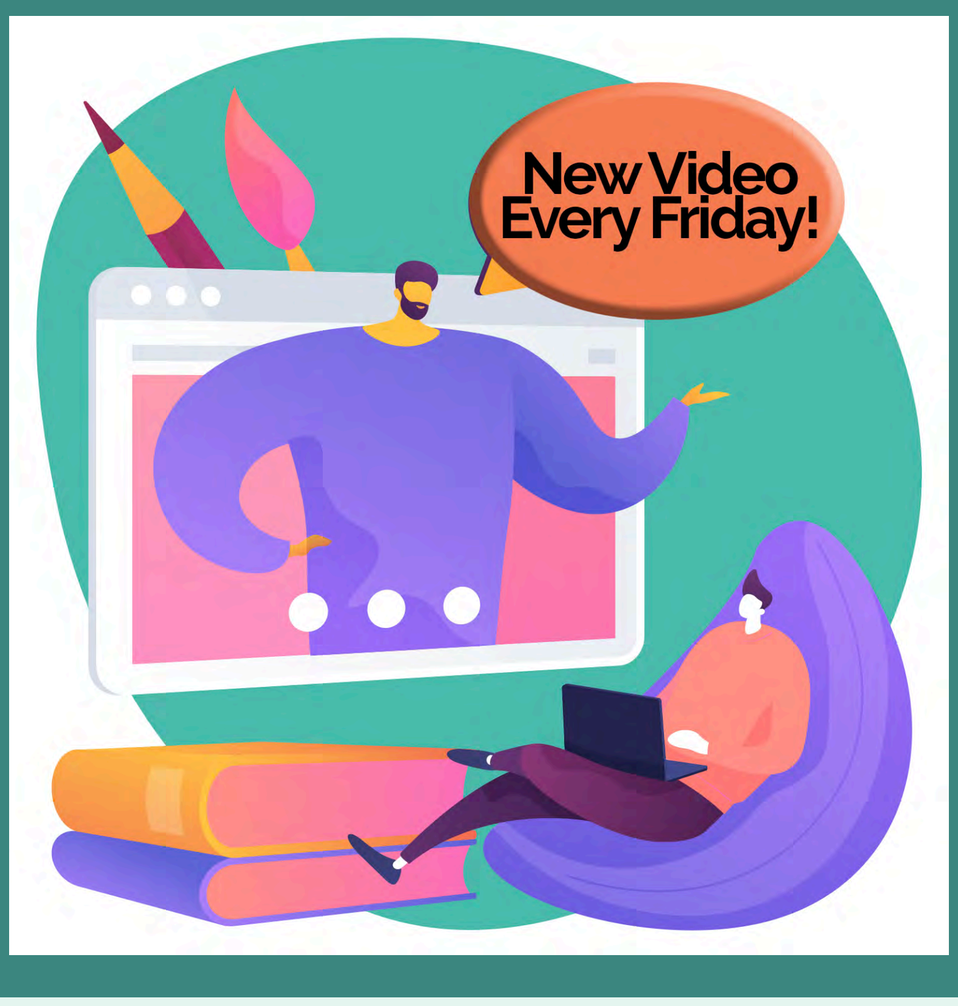

TMJ & Sleep Therapy Centre of San Diego invites you to visit our TMJ & Sleep Therapy Centre INTERNATIONAL YouTube Channel where you will find a New Video Every Friday. Learn about pain, sleep, health, nutrition and more, from Dr. Steven Olmos and our TMJ & Sleep Therapy Centre of Excellence doctors around the world.

Chronic Headaches

Dr. Steven Olmos founder of TMJ & Sleep Therapy Centres International going over the topic of Chronic Headaches.

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Giant Cell Arteritis

Dr. Steven Olmos founder of the TMJ & Sleep Therapy Centres International speaking on Giant Cell Arteritis.

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www.tmjtherapycentre.com | 877-865-4325

Child OSA

Dr Richard Goodfellow From our TMJ & Sleep Therapy Centre of Toronto will talk about Child Obstructive Sleep Apnea (OSA)

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And More...

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TMJ & Sleep Therapy Centre
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NEW BLOG

Dr. Steven Olmos and the team at TMJ & Sleep Therapy Center of San Diego are glad to inform you about our new blog page. A new tool that would help you gain knowledge about your condition, keep you informed and give you great anti-inflammatory diet recipes.

Visit Our New Blog Page Today!

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Light up the jack-o-lantern and roam around to get as many tricks and treats as you can. We hope you have a fun and spooky Halloween this year.

When black cats prowl and pumpkins gleam,
may luck be yours on Halloween!

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TMJ & Sleep Therapy Centre of San Diego
HEALTH
MONTHLY NEWSLETTER | 2020 NOVEMBER

HIGHLIGHT CONNECTION

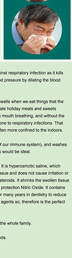
We are so excited to announce that Dr. Steven Olmos has received a Fellowship in the American College of Dentists. Thank you, Dr. Derek Mahony for the nomination!

Join us in congratulating Dr. Olmos on his great achievement!

FACEBOOK

EDUCATION CONNECTION

Flu Season



We are now in cold and flu season and reliance on medications to get us through have consequences for us and our children. Medicines are necessary and we are thankful, however they do not make us healthy. The analogy of poisonous substances with beneficial side effects is probably more accurate. Flu's can turn into pneumonia and have serious consequences for the whole family.

Prevention is the key.

Our immune system starts with our nose. The purpose of the nose is to filter, warm and moisten air before it enters our body. Each nasal breath draws a gas (Nitric Oxide) from our sinuses and carries it into our lungs.

Nitric Oxide is our natural immune protection against respiratory infection as it kills virus, bacteria and fungus. It also lowers our blood pressure by dilating the blood vessels in the extremities.

The nose can be blocked by the soft tissue that swells when we eat things that the body finds irritating. So, our wonderful carbohydrate holiday meals and sweets contribute to blockage of the nose. This results in mouth breathing, and without the protective mechanisms described we become prone to respiratory infections. That and the fact that in colder times of year we are often more confined to the indoors.

A product that is healthy improves the function of our immune system, and washes away irritants and kills virus, bacteria, and fungus would be ideal.

Xlear, is a product that is can do all of the above. It is hypersmotic saline, which means that it is naturally hydrating to the nasal tissue and does not cause irritation or "rebound" as anti-histamines, decongestants, or steroids. It shrinks the swollen tissue so more air can pass and moving with our natural protection Nitric Oxide. It contains Xylitol (a sugar substitute), that has been used for many years in dentistry to reduce cavities and gum disease. It kills these infectious agents so, therefore is the perfect prevention and is safe for the whole family.

A few squirts a day will keep the doctor away for the whole family.

This gives more time to enjoy our family and friends.

Sincerely,
Steven Olmos, DDS,
DABOP, DABCDSM, DABSDSM, DAPM, FAAOP, FAACP, FICCMO, FADI, FAID, FACD

Rhoda Kubicka explains how she uses Xlear and Spry products to make wearing a mask more enjoyable.

Julie Seager explains when and why to use Xlear Nasal Spray for patients with Nasal Passage Obstructions.

TECHNOLOGY CONNECTION

For patients with suspect airway or snore issues, you can get CAT scans in software built on 3-D technology. This is a great tool to help diagnose confined airways – which can be an indication of sleep disorders.

Airway analysis starts at a glance using 3-D technology called Vitruvian Sphere. Spheres help us read, on-screen to perform automatic calculations of airway measurements and determine if a suitable treatment option.

Additionally, scanning patients while wearing their oral appliance helps us to see how the device is working changes in airway volume.

> "In my opinion, I have not figure out why people with sleep disorders are not screened for the presence of the TMJ's as the part and often the cause of developing airway issues. I personally have been using the Vivos system for the last 15 years and have the vast information with the Vivos system that is possible. In fact I have been using it for 3 generations. It is truly a revision of the standard. "
>
> Charles R. Woody, DDS
> Vivos Certified Provider
> Vivos Advanced

Evaluate for Airway Obstructions to Help Identify Patients with an Increased Risk of a Possible Sleep Disorder

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TEAM CONNECTION

Jana Pereira
Clinical Assistant

Jana has 10 years of experience in the Dental field and came to the TMJ & Sleep Therapy Centre in the Summer of 2016. She enjoys helping all of our patients live a healthier life. Seeing smiles on their faces after they are relieved of their pain is the most rewarding part of her day. She is a local San Diegan that loves to spend time with her dog, hiking, going to the beach and just generally being outdoors.

COMMUNITY CONNECTION

OCTOBER

October's doctor of the month is Scripps Rock Dental of San Diego, CA. Thank you for your continued support and referrals!

Scripps Rock Dental
12112 Scripps Summit Dr Suite #C, San Diego, CA 92131
(858) 530-9200

ASK DR. OLMOS CONNECTION

Weekly episodes of "Ask Dr. Olmos" are live on our YouTube channel!
Watch Episode 5:
On this week's episode of Ask Dr. Olmos, Dr. Olmos answers the question "Are TMJ specialists medical physicians or dentists?"

SUBMIT YOUR QUESTIONS

YOUTUBE SUBSCRIBED

NUTRITION CONNECTION

Pair Salmon & Sweet Potatoes In This Nutritious One-Skillet Dinner

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Maple Salmon With Sweet Potatoes

SERVINGS 4

By Elise Sullivan | mapfood

INGREDIENTS FOR THE SWEET POTATOES:

- 2 tablespoons coconut oil
- 2 medium sweet potatoes, diced into ¾-inch cubes
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt, plus more to taste

INGREDIENTS FOR THE SALMON:

- 4 wild-caught salmon fillets (6 ounces each)
- Black pepper, to taste
- 1 tablespoon ghee

INGREDIENTS FOR THE SALMON:

- ½ cup pure maple syrup
- 3 tablespoons coconut aminos
- 2 teaspoons ghee, melted
- 1 teaspoon minced garlic

INSTRUCTIONS:

1. Make the sweet potatoes: Add the oil to a skillet over medium-high heat. Once hot, add the sweet potatoes, cinnamon, and ¼ teaspoon of salt. Stir frequently as you sauté for 4 to 5 minutes. Then, cover and cook until softened, another 4 to 5 minutes.
2. Meanwhile, make the salmon: Pat the salmon dry. (This will help the skin crisp up as it cooks and will reduce the likelihood of it sticking to the pan.) Sprinkle with salt and black pepper.
3. Use a spatula to carefully move the sweet potatoes to one side of the skillet. Add the ghee to the empty side. Place the salmon in the ghee, skin-side up. Cook until golden brown on the side pressed into the pan, about 4 minutes.
4. While the salmon is cooking, make the maple sauce: Stir together the maple syrup, coconut aminos, melted ghee, and garlic in a small bowl.
5. Gently flip the salmon. Pour your maple sauce over everything. Cook until the fish is firm to the touch, opaque, and flakes easily with a fork, about 3 minutes.

PRINT RECIPE

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ASK Dr.Olmos?

"Ask Dr. Olmos" a weekly series where Dr. Steven Olmos answers YOUR questions!

Ask Dr. Olmos Episode 7

Dr. Olmos discusses the possible relationship between OCD and oral appliances.

Ask Dr. Olmos Episode 8

On this week's episode, Dr. Olmos explains Joint Vibration Analysis.

Ask Dr. Olmos Episode 9

On this weeks episode, Dr. Olmos explains snoring in children.

Submit Your Questions

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It is that time again to start thinking of

Great Holiday Gifts !

Give the gift of knowledge to your
Friends, Family, Colleagues and Patients

BUY DR. STEVEN OLMOS BOOK TODAY

Airway Management

A Solution for our Health Crisis

by Dr. Steven Olmos (Author)

When was the last time you really focused on your breathing? For most of us, it's something that automatically happens without thought or effort. We invest little time or energy in the importance of proper breathing (airway management) for optimum health. Although the medical community is continuously identifying links between airway management and health, we rarely consider that conditions from which people suffer and for which they medicate (diabetes, heart disease, high blood pressure) may very well be improved through a simple understanding and development of airway management.

In this book, Dr. Steven Olmos will discuss healthcare problems that can arise from ignoring the airway's effect on the body for both adults and children.

He will explain:

- Obstructive sleep apnea
- Proper breathing / function of the nose
- Signs and symptoms of sleep-related breathing disorders
- Finding the core problem vs simply treating the symptoms
- Relationship between chronic pain and proper breathing
- Screening by healthcare providers
- Importance of patient awareness

This invaluable exploration of an often overlooked topic is your guide to better health and a better life.

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Questions? Contact us today (619) 466-2774

THANKSGIVING

Thanksgiving is our favorite time of the year. Time flies too fast sometimes, but Thanksgiving is the perfect time to slow down, see your family & friends again and be happy & thankful for everyone special in your life. We would like to take this moment to thank you for choosing us as one of your healthcare providers and for your referrals & reviews.

Without you, we wouldn't be here today.

We'll be raising a glass to you this year, and hope you have a safe, happy, and delicious holiday.

TMJ & Sleep Therapy Centre of San Diego

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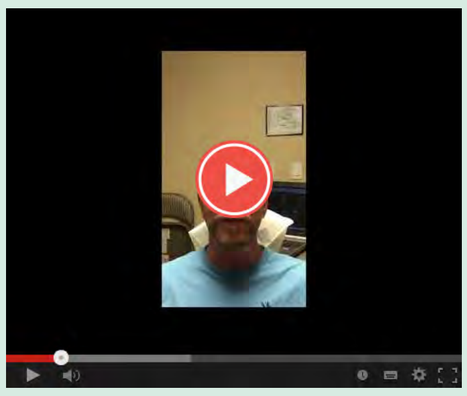
PATIENT TESTIMONIALS

We appreciate your testimonials and we thank you for letting us be part of your better health journey!

Our goal is to improve the quality of life in adults & children with non-surgical therapies and using the latest technology to accomplish our goal. Your comments will impact the life of others and together we will help improve the health of our community; one patient at a time.

Write Your Testimonial on Google Today



"When I stared seen Dr. Olmos I was a complete and total mess, my jaw opening was terrible, my neck was very inflamed… I am able to live relatively pain free..."

LEARN MORE

"…When my jaw locked, which was about a month ago… Now I can open my jaw to a normal range and I have lateral movement back… I feel like I can live a normal life again…"

LEARN MORE

"...Initially came here for TMJ pain very bad pain in my jaw affected me all day every day. I actually had braces on at the time from my orthodontist… unfortunately they were doing anything to address my bite and at that time I didn't know that was the issue causing all my pain…doctor Olmos started adjusting my bite and almost immediately when he started shifting my teeth where they were supposed to be not just making them pretty…the pain started decreasing and over the course of … my treatment …my bite completely changed, the pain subsided easily 95% …the best treatment I've ever had, hands down!"

LEARN MORE

"I was referred to Dr Olmos by an oral surgeon …I believe he (Dr. Olmos) and his treatment have literally saved my life"

LEARN MORE

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www.TMJSleepSD.com

TMJ & Sleep Therapy Centre of San Diego
HEALTH
MONTHLY NEWSLETTER | 2020 DECEMBER

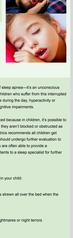
HIGHLIGHT CONNECTION

Wishing you a Happy Holiday and a joyful New Year!

Best wishes from your friends at TMJ & Sleep Therapy Centre of San Diego!

EDUCATION CONNECTION

Sleep Breathing Disorders in Children May Go Undiagnosed



Sleep breathing disorders in children, particularly pediatric obstructive sleep apnea (OSA), often goes undiagnosed. OSA can occur in children at all ages, including infants. However, children may instead be treated for ADHD, since hyperactivity can actually be a symptom of OSA. Untreated OSA can lead to more severe health problems, including diabetes, cardiovascular disease and hypertension.

In most cases, OSA is caused by a poorly positioned jaw or tongue that leads to a blocked airway. Sleep apnea, essentially, is the absence of breathing when asleep. The blocked airway causes slow suffocation, and the sleeper is briefly but abruptly woken up throughout the night in order to open the airway and breathe.

Bruxism, or teeth grinding, is also a symptom of sleep apnea—it's an unconscious movement to open the airway while sleeping. Children who suffer from this interrupted and poor sleep suffer from excessive sleepiness during the day, hyperactivity or irritability, migraines and even depression or cognitive impairments.

Luckily, pediatric OSA can be significantly reduced because in children, it's possible to manipulate the development of their airways so they aren't blocked or obstructed as they grow up. The American Academy of Pediatrics recommends all children get screened for snoring, and those who do snore should undergo further evaluation to test for OSA and other sleep disorders. Dentists are often able to provide a preliminary screening for OSA and can refer patients to a sleep specialist for further screening and treatment.

Signs to Watch

Look for the following common OSA symptoms in your child:

- Snoring
- Restlessness during sleep (are the sheets strewn all over the bed when the child wakes up?)
- Gasping or choking when waking up
- Difficulty waking up
- Trouble concentrating, easily agitated. Nightmares or night terrors
- Poor school performance
- Frequent headaches
- Dark circles under eyes
- Excessive daytime sleepiness

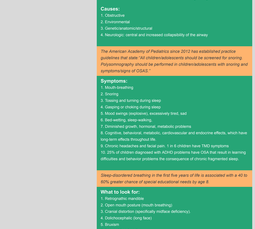
Talk about these symptoms with your child's pediatrician and ask to be referred to a sleep specialist. You can also use the "SCARED" sleep screening algorithm, which is a free, online tool available on the TMJ &Sleep Therapy Centre of San Diego website: https://tmjtherapycentre.com/tmj-patients/sleep-apnea-test-children/

The SCARED screening tool provides information to help doctors assess whether a child likely has a sleep disorder.

Treatment

Adult therapies for OSA, including CPAP machines or oral appliances, are not appropriate for children. Pediatric OSA is usually treated with dynamic orthopedic therapies, with the goal of increasing airway volume and encouraging or correcting skeletal development. If it is diagnosed early, pediatric OSA can be significantly reduced in as little as three months; however, the time needed for treatment increases with each child.

When a child is diagnosed with OSA, the entire airway should be evaluated to determine where it is obstructed. There are four possible points of obstruction, as shown on the diagram below.



Depending on the location and severity of the obstruction, treatment may include expanding the upper or lower jaw or correcting their alignment, tongue and lip exercises and lifestyle changes. TMJ & Sleep Therapy Centre of San Diego, located in La Mesa, provides non-invasive treatment for Adults and Children with sleep apnea and TMJ disorders. For more information, visit www.TMJSleepSD.com

This article was published in 2019 by the San Diego Union Tribune Ranking
TMJ & Sleep Therapy Centre of San Diego

Do You Have Sleep Apnea?

Take the Test for Adults

Take the Test for Children

FACT SHEET
Pediatric Obstructive Sleep Apnea (OSA)

Causes:
1. Obstructive
2. Environmental
3. Genetic/anatomic/structural
4. Neurologic- central and increased collapsibility of the airway

The American Academy of Pediatrics since 2012 has established practice guidelines that state: "All children/adolescents should be screened for snoring. Polysomnography should be performed in children/adolescents with snoring and symptoms/signs of OSAS."

Symptoms:
1. Mouth-breathing
2. Snoring
3. Tossing and turning during sleep
4. Gasping or choking during sleep
5. Mood swings (explosive), excessively tired, sad
6. Bed-wetting, sleep-walking
7. Diminished growth, hormonal, metabolic problems
8. Cognitive, behavioral, metabolic, cardiovascular and endocrine effects, which have long-term effects throughout life.
9. Chronic headaches and facial pain. 1 in 4 children have TMD symptoms
10. 25% of children diagnosed with ADHD problems have OSA that result in learning difficulties and behavior problems the consequence of chronic fragmented sleep.

Sleep-disordered breathing in the first five years of life is associated with a 40 to 80% greater chance of special educational needs by age 8.

What to look for:
1. Open-mouth posture
2. Dark circles (mouth breathing)
3. Cranial distortion (specifically midface deficiency).
4. Orthognathic (long face)
5. Bruxism
6. Forward head posture
7. Crowdsite
8. Crowded teeth
9. Narrow palate
10. Tongue tie
11. Obesity

TECHNOLOGY CONNECTION

BioJVA™

BioJVA™

Joint Vibration Analysis is based on simple principles of human and mechanical engineering. Vibrations are measured in the joint as it is loaded - and this vibration, if heard, perhaps becomes rough, then fluctuo and, ultimately can crackle when these surfaces articulate. The BioJVA™ system is designed to detect, record and analyze these vibrations in a convenient manner. The increased sensitivity of the BioJVA™ system is significantly higher and independent of outside sound as the BioJVA™ software.

Joint pain dysfunction has been researched deeply with thousands of documented cases of various dysfunctions. The BioJVA™ is the first device that can detect, record and analyze these vibrations. It will assist us in various types of dysfunction found on the Proper scale of pain and dysfunction.

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Be sure to leave our email address so you don't miss out on upcoming newsletters.

TEAM CONNECTION

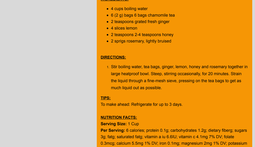
Kayla Rodriguez
Clinical Assistant

Meet Kayla! Born in Bridgeport CT. When Kayla is not bringing smiles to our patients you can find her playing all types of sports with her son.

COMMUNITY CONNECTION

NOVEMBER

November's doctor of the month is Bella Vita Dental Hillcrest of San Diego, CA. Thank you for your continued support and referrals!



Bella Vita Dental Hillcrest
3900 Fifth Ave #210, San Diego, CA 92103
(619) 800-4864

ASK DR. OLMOS CONNECTION

Weekly episodes of "Ask Dr. Olmos" are live on our YouTube channel!
Watch Episode 5:
On this week's episode of Ask Dr. Olmos, Dr. Olmos explains snoring in children.

SUBMIT YOUR QUESTIONS

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Facebook Support Group
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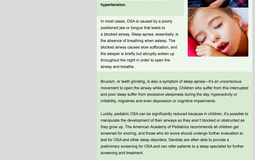
TMJ & Sleep Therapy Centres
around the world

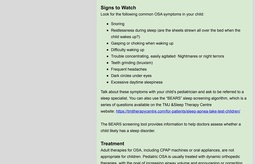
Like us on Facebook

Do you know someone in need of treatment?

Refer your friends and family and receive a $10 Starbucks gift card as a thank you!



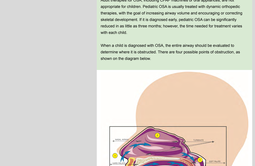
NUTRITION CONNECTION



Herbal Chamomile Health Tonic

SERVINGS: 4

Source: Eatingwell.com | Carolyn Casner



INGREDIENTS:

- 4 cups boiling water
- 6 (2 g) bags 4 bags chamomile tea
- 2 teaspoons grated fresh ginger
- 4 slices lemon
- 2 teaspoons 2-4 teaspoons honey
- 2 sprigs rosemary lightly bruised

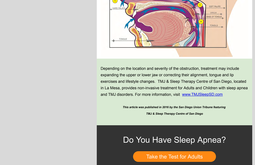
DIRECTIONS:

1. Stir boiling water, tea bags, ginger, lemon, honey and rosemary together in large heatproof bowl. Steep, stirring occasionally, for 20 minutes. Strain the liquid through a fine-mesh sieve, pressing on the tea bags to get as much liquid as possible.

TIPS:
To make ahead: Refrigerate for up to 3 days.

NUTRITION FACTS:
Serving Size: 1 Cup
Per Serving: 9 calories; protein 0.1g; carbohydrates 1.2g; dietary fiberg; sugars 0.1g; fat 0.1g; saturated fat 0.1g; monounsaturated fat 0.4g; cholesterol 0mg; 1% DV, folate 10.1mcg; calcium 8.5mg; 1% DV; iron 0.1mg; magnesium 2mg 1% DV; potassium 19.1mg; sodium 3.1mg; added sugar 3g

PRINT RECIPE



#AntiInflammatoryDiet

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BLOG

Dr. Steven Olmos and the team at TMJ & Sleep Therapy Center of San Diego are glad to inform you about our blog page. A tool that would help you gain knowledge about your condition, keep you informed and give you great anti-inflammatory diet recipes.

Visit Our Blog Page Today!

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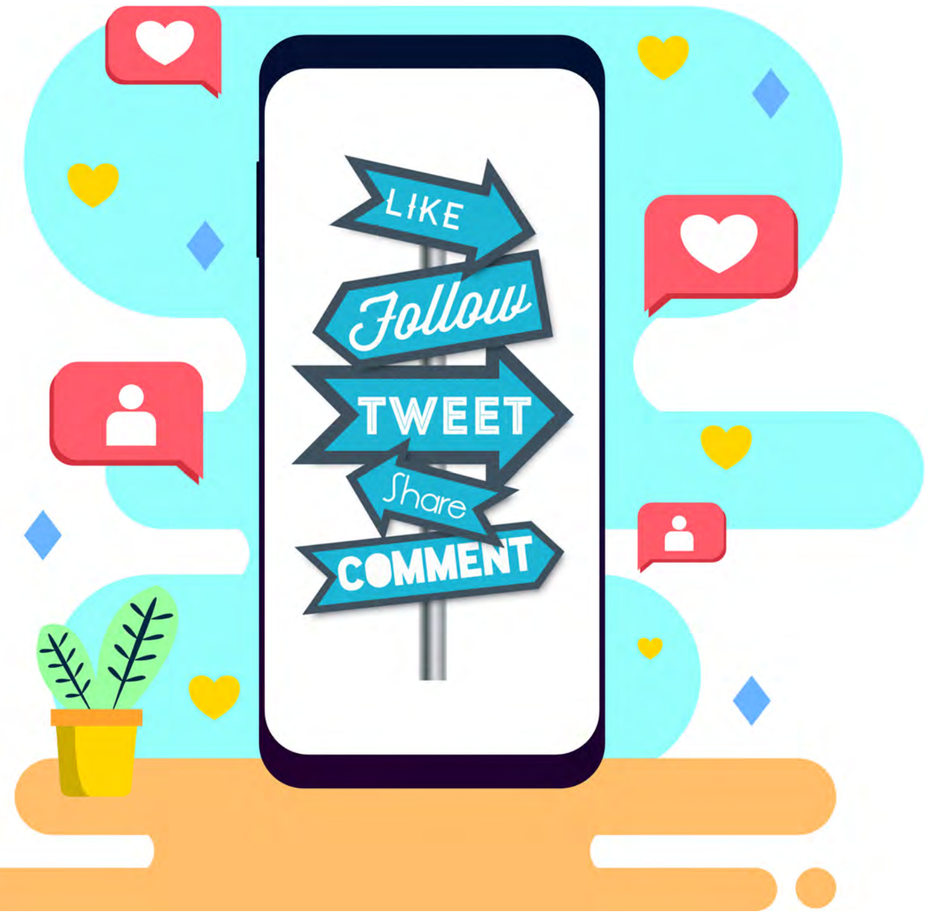

Follow Us!

TMJ & Sleep Therapy Center of San Diego is on all main social media platforms. Follow us, subscribe, tag, click, like, comment and / or just learn and share information. Each platform has different and new information, so visit us on all social media platforms and don't miss a thing.

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TMJ & Sleep Therapy Centre of San Diego

TMJ & Sleep Therapy Centre of San Diego invites you to visit our TMJ & Sleep Therapy Centre INTERNATIONAL YouTube Channel where you will find a New Video Every Friday. Learn about pain, sleep, health, nutrition and more, from Dr. Steven Olmos and our TMJ & Sleep Therapy Centre of Excellence doctors around the world.

Symptoms of Sleep Related Breathing Disorders

Dr. Karina Patel from our TMJ & Sleep Therapy Centre in London explains the symptoms of Sleep Related Breathing Disorders.

Phone Number: +44 20 77250523

www.londonsleepcentre.com

Mouth Breathing & Why It's Bad For You

Dr. Lisa DiGioia from our TMJ & Sleep Therapy Centre in Southwestern Ontario explains Mouth Breathing and why it can be harmful to the body.

Phone Number: 519-733-8888

www.tmjsleeptherapy.ca

Staying Healthy During the COVID-19 Outbreak

Dr. Klauer from our TMJ & Sleep Therapy Centre on Northern Indiana gives us 4 ways to stay healthy during the COVID-19 Outbreak.

Phone Number: (574) 968-5166

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And More...

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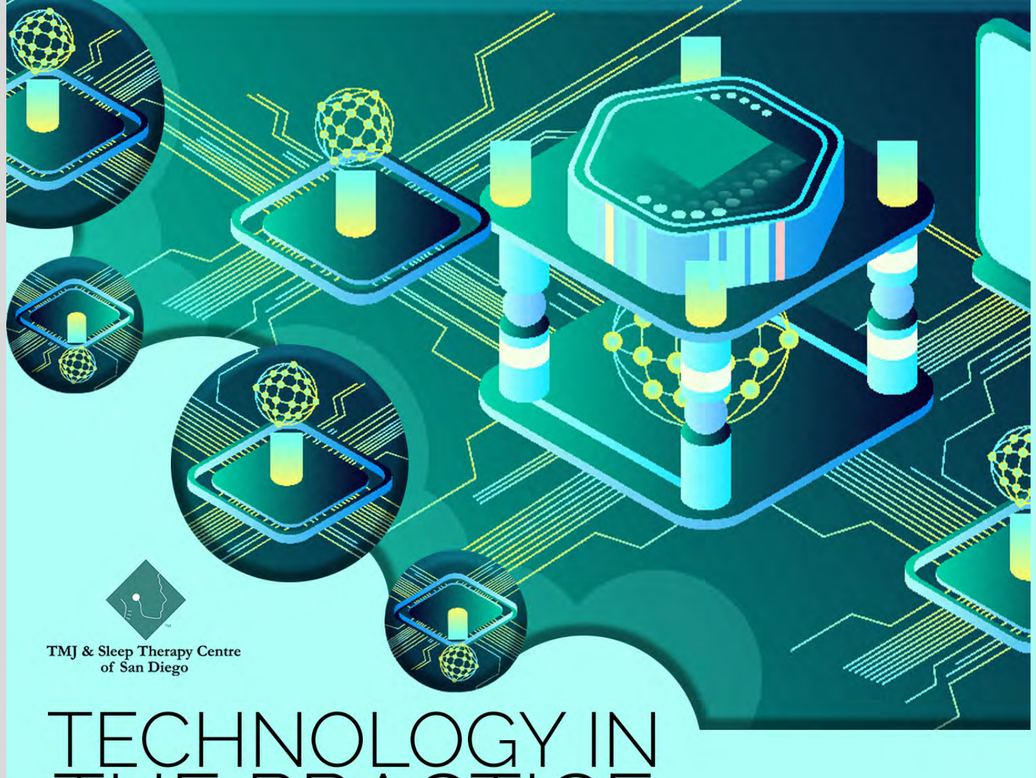


TECHNOLOGY IN THE PRACTICE

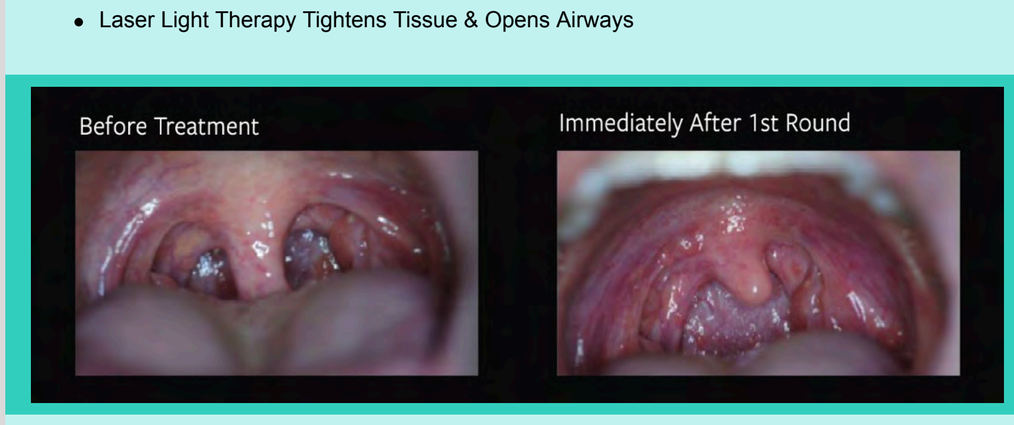
FEATURING NIGHTLASE

TMJ & Sleep Therapy Centre of San Diego introducing NIGHT LASE®
Non-Surgical Airway Enhancement Treatment

At TMJ & Sleep Therapy Centre, we understand that successful treatments are based on treating the cause, not just the symptoms. Dr. Olmos has developed a proven system for the diagnosis and treatment of craniofacial pain (TMJ, headaches, facial pain) and treatment of sleep disorders (sleep apnea, snoring) without surgery. Our practice is focused solely on improving the quality of life for children and adults suffering from craniofacial pain and sleep breathing disorders. We use the latest technological advances and provide non-surgical therapies and treatment options.

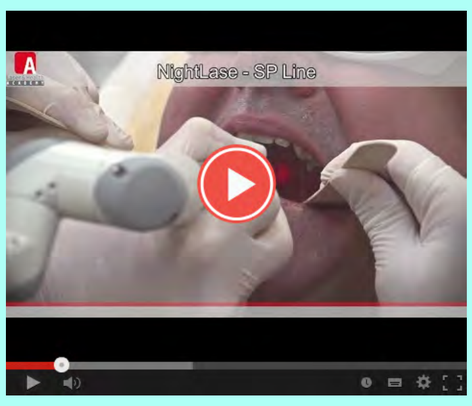
NIGHT LASE® is a leading-edge laser procedure. It is a NON-invasive, NO appliance, simple and effective way of keeping your airway open.

- Non-Invasive
- No Pain, No Scalpels, No Sutures
- Increases Sleep Quality
- Lessens Effects of Snoring
- Safe & Patient-Friendly Treatment
- High Success Rate
- Laser Light Therapy Tightens Tissue & Opens Airways



How Nightlase® Works

Laser energy is used to heat the tissues of the airway causing a tightening effect which helps to keep your airway open. Nightlase® is performed with approximately three short treatments spaced over 2 months. Each treatment lasts 15 minutes and requires no anesthesia. The procedure is comfortable and you can resume your daily routine immediately afterwards. Results are often seen after the first session.



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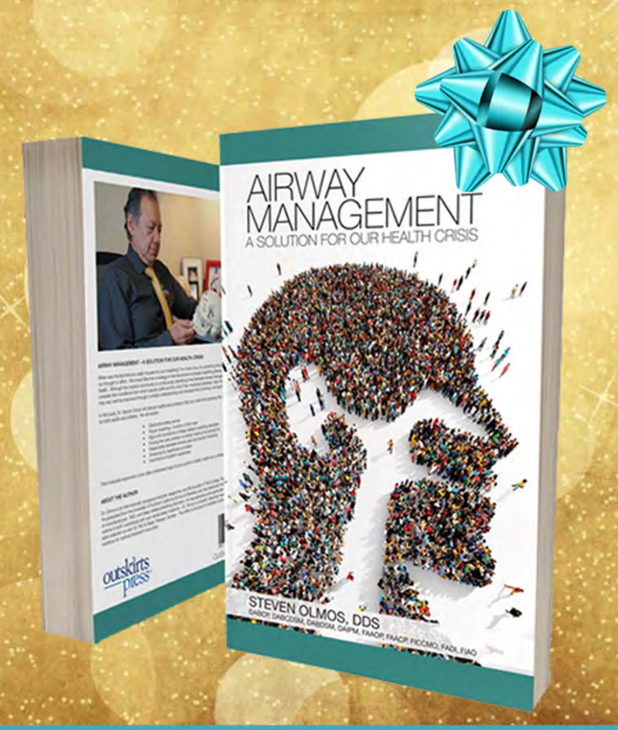
Last Minute Great Holiday Gift!

Give the gift of knowledge to your Friends, Family, Colleagues and Patients

BUY DR. STEVEN OLMOS BOOK TODAY



Airway Management

A Solution for our Health Crisis

by Dr. Steven Olmos (Author)

Wishing you Happy Holidays and a Joyful New Year!

Best wishes from your friends at

TMJ & Sleep Therapy Centre of San Diego

TMJ & Sleep Therapy Centre
of San Diego

Happy New Year!
2021

With 2020 coming to a close, we wanted to reach out and send our best wishes to you and yours. We hope 2021 holds success, and good fortune in any endeavor you pursue.

Wishing you and your family a life full of Health, Happiness, Love and Prosperity!

TMJ & Sleep Therapy Centre
of San Diego

TMJ & Sleep Therapy Centre of San Diego

HEALTH

MONTHLY NEWSLETTER | 2021 JANUARY

HIGHLIGHT CONNECTION

We would like to congratulate Dr. Steven Olmos for being selected as a member of the 2021 Class of the World's Top 100 Doctors!

What a great honor!

LEARN MORE

EDUCATION CONNECTION

ANTI-INFLAMMATORY DIET

The medical community knows that in order to treat the modern health problems we face today; we need to eliminate and/or reduce the factors that contribute to inflammation in the body. Unfortunately, most diets around the world are very inflammatory and can cause most of the chronic diseases and chronic pain.

The more inflammation you have, the more you will experience pain.Decrease inflammation and the body will start to heal. If you follow an anti-inflammatory diet your body will decrease inflammation and your quality of life will be exponentially better. Most of the dietary diseases orbit around the inflammatory process. Consequently, this diet is good for the entire family.

Eat food that is as natural and clean as possible. Keep away from processed, packaged and canned foods. Avoid white foods like, white sugar, pasta, flour, milk, bread and white potato (one of the most damaging).

The majority of your diet should be composed of fresh, natural, organic fruits and vegetables. The more color your food has the better it is. Spinach, kale, red chard, romaine and red leaf lettuce, broccoli, cauliflower, asparagus, brussels sprouts, collards, arugula, beet greens, red and green cabbage, parsley, raw carrots, berries (blueberries, raspberries, strawberries, blackberries),plums, peaches, apples, oranges (in moderation), red and purple grapes(in moderation), cherries, etc. are all good choices. Paler colored foods are permissible, but not as desirable. Melons, celery, cucumbers, white grapes, bananas and pineapple contain more water and sugar and less anti-inflammatory nutrients but are better than processed snack foods. Sugar is very inflammatory can cause weight gain and actually inhibit your immune system, so it makes you more prone to becoming sick.

A good source of protein is nuts. Walnuts and almonds are preferable, but cashews and pecans are occasionally permitted. When possible, try to eat raw nuts to retain the healthy oils. Limit red meat to one to two meals per week. Eat fish at least twice per week. Tuna is considered fish. It is recommended that people eating two servings of fish per week still need to supplement with omega 3 fish oil. Three to four teaspoons per day.

If you are eating at a restaurant, ask for the starch (rice, potato, pasta, bread…) to be substituted for more vegetables.

Drink six to eight glasses (8 oz) of pure (recommended distilled or filtered) water per day. Adding some freshly squeeze lemon juice to water is permissible.Try not to drink fruit juice because of the high sugar content. Avoid carbonated beverages.

For weight loss, all starch vegetables should be avoided and limit your fruitintake to occasional berries. Until the desired weight is reached.

In combination with the anti-inflammatory diet, it is recommended that adults use the following daily:

- A quality Vitamin/Mineral supplement
- Antioxidant supplements Vitamin C, Vitamin E and/or bioflavonoid supplements
- Omega 3 Fish Oil 1g daily
- 1000 IU of Vitamin D3 daily
- 5,000 IU of Vitamin D3
- Maximizing Self-supplements (MCT Baking Soda)

For Complete Anti-Inflammatory Diet Please Download Below

ANTI-INFLAMMATORY DIET

NUTRITION CONNECTION

Dr. Olmos explains lectins and how they can be harmful.

SUBMIT YOUR QUESTIONS

Beet Rice and Garlicky Kale Bowls with Beet Green Pesto

SERVINGS: 4
Course: Main Course
Servings: 2 people
Author: Julia

Prep Time 20 mins
Cook Time 45 mins

INGREDIENTS:

- 1 large beet
- 2 tablespoons olive oil
- 2 heads lacinato kale chopped
- 4 cloves garlic minced
- 1 large avocado peeled and sliced

INSTRUCTIONS:

1. Preheat the oven to 420 degrees Fahrenheit. Wash and scrub the beet well, pat it dry, then wrap it in foil. Roast for 45 minutes, just until the beet is almost fully roasted.
2. Remove from the oven and once cool enough to handle, unwrap the beet and chop it into fourths. Place the quartered beet in your food processor and turn it on. Process until beet is reduced to rice-sized pieces. Sprinkle with sea salt and any other seasonings you like, such as ground cumin, curry powder, turmeric, etc.
3. Heat the olive oil over medium heat in a skillet and add the minced garlic and chopped kale leaves. Saute, stirring occasionally, until kale has wilted and garlic is very fragrant, about 3 to 5 minutes. Sprinkle with sea salt to taste.
4. Divide the beet rice and sauteed garlic between two bowls. Serve bowls with beet green pesto, or any pesto sauce of choice, along with a hefty portion of avocado and sunnyside up (or poached or fried) eggs.

PRINT RECIPE

TECHNOLOGY CONNECTION

TMJ & Sleep Therapy Centre of San Diego Introducing NIGHT LASER
Non-Surgical Airway Enhancement Treatment

SNORING SOLUTION

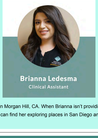
NIGHT LASER is a leading-edge laser procedure. It is a NON-invasive, NO appliance, simple and effective way of keeping your airway open.

- Non-Invasive
- No Pain, No Scalpels, No Sutures
- Increases Sleep Quality
- Lessens Effects of Snoring
- Safe & Patient-Friendly Treatment
- High Success Rate
- Laser Light Therapy Tightens Tissue & Opens Airways

How Nightlase® Works

Laser energy is used to heat the tissues of the airway causing a tightening effect which helps to keep your airway open. Nightlase® is performed with approximately three short treatments spaced over 2 months. Each treatment lasts 15 minutes and requires no anesthesia. The procedure is comfortable and you can resume your daily routine immediately afterwards. Results are often seen after the first session.

TEAM CONNECTION



Brianna Ledesma
Clinical Assistant

Meet Brianna! Born in Morgan Hill, CA. When Brianna isn't providing relief to our patients in pain, you can find her exploring places in San Diego and Orange County.

COMMUNITY CONNECTION

DECEMBER

December's doctor of the month is Kensington Dental of San Diego, CA. Thank you for your continued support and referrals!

KENSINGTON Dental Group

HEALTHY FAMILIES START HERE

- Same-day dentistry
- Emergencies welcome
- Flexible hours to meet your needs

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ASK DR. OLMOS CONNECTION

Weekly episodes of "Ask Dr. Olmos" are live on our YouTube channel!
Watch Episode 22:
In this episode, Dr. Olmos explains gluten and why gluten in America is different than gluten in Europe.

SUBMIT YOUR QUESTIONS

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TMJ & Sleep Therapy Centre of San Diego

Invites You To Listen To

Dr. Steve Olmos, Founder and CEO of TMJ & Sleep Therapy Centre International discusses the diagnosis, treatment and long term management of sleep disordered breathing, TMD, and chronic pain.

Dr. Steven Olmos has been in private practice for more than 35 years, with the last 30 years devoted to research and treatment of craniofacial pain, temporomandibular disorder (TMD), and sleep-disordered breathing. He obtained his DDS from the University of Southern California School of Dentistry and is Board Certified in both Chronic Pain and Sleep Related Breathing Disorders by the American Board of Crainiofacial Pain, The Academy of Integrative Pain Management, American Board of Dental Sleep Medicine, and American Board of Craniofacial Pain and Dental Sleep Medicine.

Listen to The Dental Clinical Companion Podcast Here:

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Questions?
Contact us today 619.466.2774

TMJ & Sleep Therapy Centre of San Diego

NIGHTLASE®

TMJ & Sleep Therapy Centre of San Diego introducing

NIGHT LASE®
LASER SNORING TREATMENT

Fast and NON-invasive way of increasing your quality of sleep.

What is NightLase®?

NightLase® is a leading-edge laser procedure for the treatment of snoring, offered exclusively with Fotona lasers. It is a NON-invasive, simple and an effective way of reducing or eliminating snoring.

How NightLase® Works

Laser energy is used to heat the tissues of the airway causing a tightening effect which helps to keep your airway open. NightLase® is performed with approximately three short treatments spaced over two months. Each treatment lasts 15 minutes and requires no anesthesia. The procedure is comfortable and you can resume your daily routine immediately afterwards. Results are often seen after the first session.

What causes snoring?

Snoring occurs when air is not able to move freely through your nose and mouth during sleep. This is due to a narrowing of your airway, which causes the tissues to vibrate and make an audible sound. In extreme cases the airway can become blocked which is known as obstructive sleep apnea. Many factors can contribute to snoring such as age, nasal and sinus problems, being overweight, alcohol, smoking, medications, and sleep posture.

What is the impact of snoring?

Snoring has a number of consequences that can impact the life of a snorer and his/her sleep partner. Sleep deprivation as a result of snoring has a negative impact on health and quality of life. Snorers can experience tiredness, morning headaches, irritability, dry mouth, and relationship difficulties. Studies have also shown a link between snoring and an increased risk of heart attack and stroke.

The NON-surgical treatment can be provided in-office, ask our friendly staff to set up your appointment today!

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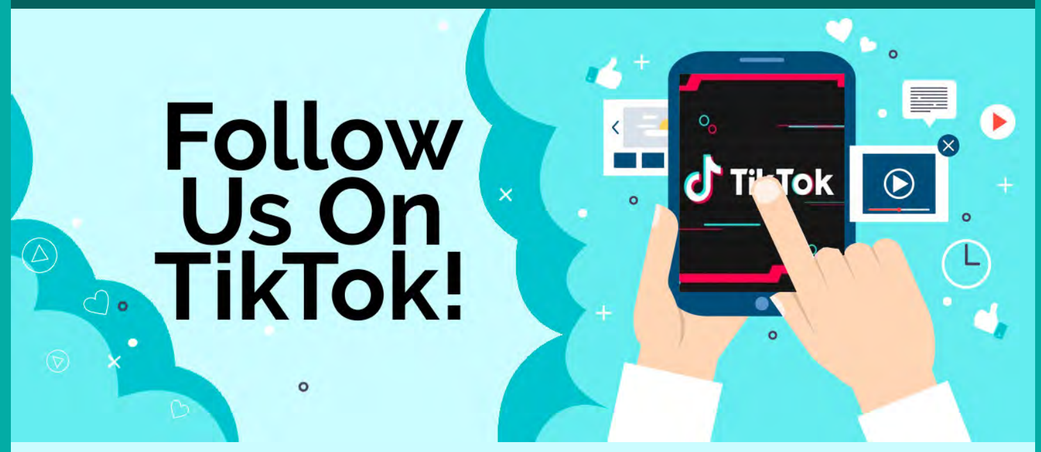
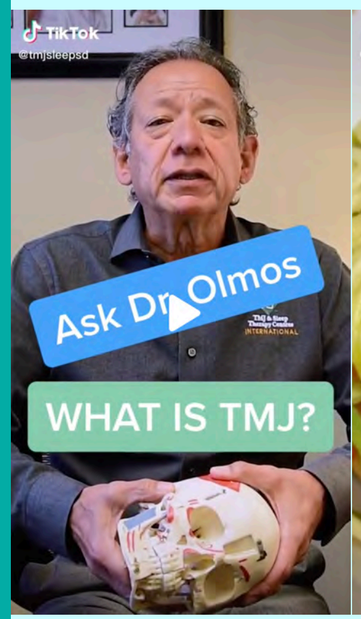


EDUCATIONAL VIDEOS **RECIPE VIDEOS** **FUN VIDEOS**



TikTok

Our official TikTok account @TMJSleepSD

We have been enjoying getting creative on the platform with our TMJ & Sleep Therapy Centre of San Diego team. Follow Us!

You'll have access to short educational videos, mini-series, anti-inflammatory recipes as well as memorable fun videos.

We hope our referring doctors and patients have fun watching and engaging with us!

FOLLOW US TODAY

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7879 El Cajon Blvd., La Mesa, CA 91942
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info@tmjtherapycentre.com | www.TMJSleepSD.com

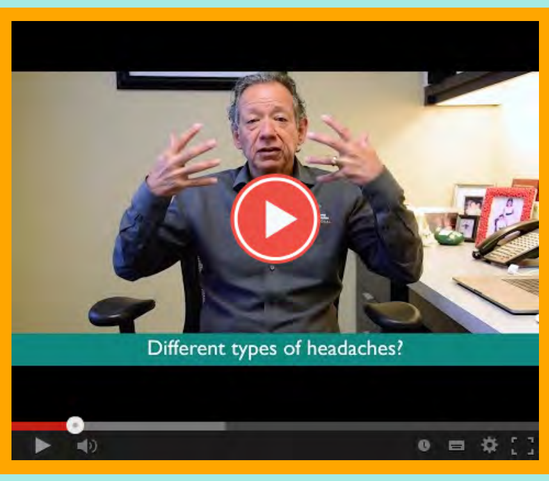
TMJ & Sleep Therapy Centre of San Diego

ASK Dr.Olmos?

"Ask Dr. Olmos" a weekly series where Dr. Steven Olmos answers YOUR questions!

Ask Dr. Olmos
Episode 10

On this episode, Dr. Olmos responds to “I completed the splint therapy and years after I still have back/shoulder pain with occasional face heaviness, typically when stressed. How do I know if braces will help or to just allow the jaw to settle in naturally? I wear a night mouth splint every night also.”



Ask Dr. Olmos
Episode 11

Dr. Olmos explains the different types of headaches and the reasoning behind them.

Ask Dr. Olmos
Episode 12

On this week's episode, Dr. Olmos explains why you might be having TMJ pain.

Submit Your Questions

Subscribe to Our YouTube Channel

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TMJ & Sleep Therapy Centre of San Diego

DO YOU KNOW SOMEONE IN NEED OF TREATMENT?

Facial pain, headaches and jaw problems are frequently only a symptom secondary to a greater problem affecting the body, much like a fever is secondary to the common flu.

If any of the following symptoms affect your friends or family's daily lives or if they are taking regular pain medication or sleeping aids, they may be suffering from TMD or a sleep breathing disorder and should be evaluated by a dentist trained in diagnosing and treating these disorders

- Headaches - recurring or chronic
- Earache or ear symptoms of stuffiness or ringing
- Neck Pain or Stiffness
- Facial Pain
- Jaw joint sounds *(clicking, popping or grating)*
- Limited ability to open or close mouth
- Jaw locking *(opened or closed)*
- Sensitive, loose or worn down teeth
- Pain or soreness in the TM joints
- Dizziness or Pain or difficulty chewing or swallowing

Refer your friends and family and receive a

$10 Starbucks gift card as a

THANK YOU!

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HEALTH

MONTHLY NEWSLETTER | 2021 FEBRUARY

HIGHLIGHT CONNECTION

We invite you to listen to "The Dental Clinical Companion Podcast, " where Dr. Steve Olmos discusses the diagnosis, treatment and long term management of sleep disordered breathing, TMD, and chronic pain.

LISTEN TO THE PODCAST

EDUCATION CONNECTION

10 Daylight Savings Tips

2021 Daylight saving time in California will begin at 2:00AM on:

Sunday, March 14, 2021

2021 Daylight saving time in California will ends at 2:00AM on:

Sunday, November 7, 2021

All times are in Pacific Time.

1) Turn off all electronics 30 minutes to an hour before going to bed.
2) Don't overdo it with the caffeine or alcohol.
3) Exercise in the morning.
4) Stick to a set sleep schedule.
5) Avoid eating at least 2-3 hours before bed *(especially inflammatory foods)*.
6) Don't take long naps.
7) Start preparing a few days prior by going to bed and waking up earlier.
8) Get exposure to daylight as soon as possible.
9) Avoid having a TV in your bedroom.
10) Stay away from sleeping aids.

By Steven R. Olmos, DDS

DABOP, DABCDSM, DABDSM,FAAOP, FAACP, FICCMO, FACP, FIAO, FACO, FPPA

TECHNOLOGY CONNECTION

MLS Laser Therapy

TMJ & Sleep Therapy Centre of San Diego introducing MLS Laser Therapy

The BioRESEARCH MLS Therapy Laser treats symptoms associated with TMJ dysfunction, such as craniofacial pain, inflammation, and muscular pain. The MLS Laser accelerates healing, speeds tissue repair, and stimulates the growth of new cells. Results magnified through synchronized continuous and pulsed wavelengths. The control of the laser is easy with a color touch-screen software interface.

Doctors around the globe are raving about the use of cool or warm laser to treat patients. The reviews are truly remarkable. The laser operates with a dual-wavelength simultaneously which is uniquely designed to facilitate healing and reduce inflammation at the cellular level. The MLS dental laser is a fast, easy, and effective way to manage pain. This allows doctors to finish cases faster, prescribe less medication, and patients love it.

TEAM CONNECTION

FARSHID ARIZ, DMD

Dr. Farshid Ariz is a graduate of the Boston University School of Dentistry receiving his Doctor of Dental Medicine in 1980. He returned to Boston University to receive his Certification of Advanced Graduate Studies in Periodontics in 1991. For the past 25 years, Dr. Ariz has been an Assistant Professor of Advanced Periodontics at the Ostrow School of Dentistry at the University of Southern California.

As a Diplomate of the American Board of Craniofacial Pain, the American Board of Craniofacial Dental Sleep Medicine, and the American Board of Dental Sleep Medicine, Dr. Ariz currently focuses on treating craniofacial pain, TMJ dysfunction, and sleep disorders. Dr. Ariz lectures in academia and presents at educational meetings with active involvement in TMJ & Sleep Therapy Research through non-invasive treatment methods significantly improving the quality of life for his patients.

Dr. Ariz is a member of:
American Academy of Periodontology
American Academy of Craniofacial Pain
American Academy of Sleep Medicine
American Academy of Dental Sleep Medicine
American Academy of Osseointegration

COMMUNITY CONNECTION

JANUARY

January's doctor of the month is Dr. Jeff Gray of La Mesa, CA.
Thank you for your continued support and referrals!

JEFF GRAY, DDS
SEDATION & COSMETIC DENTISTRY
8555 Fletcher Pkwy Ste 102, La Mesa, CA 91942
619-717-8560

ASK DR. OLMOS CONNECTION

Weekly episodes of "Ask Dr. Olmos" are live on our YouTube channel **Watch Episode 6:**
In this episode, Dr. Olmos answers "Is the only treatment for Sleep Apnea a CPAP or can I use an oral appliance?"

SUBMIT YOUR QUESTIONS

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Share success stories and
Receive support currently from our
TMJ & Sleep Therapy Centres around the world

Like us on Facebook

Do you know someone in need of treatment?

Refer your friends and family and receive a $10 Starbucks gift card as a thank you!

NUTRITION CONNECTION

Sweet Potato Noodles and Apple Spinach with Almond Dijon Vinaigrette

FOLLOW US ON TikTok!

Sweet Potato Noodles and Apple Spinach with Almond Dijon Vinaigrette

This vegan and whole 30 compliant spinach salad features sweet potato noodles, apples and a creamy almond Dijon vinaigrette for a healthy, weeknight meal!

PREP TIME: 10 Min
TOTAL TIME: 20 Min
SERVES: 2 - 3

Courtesy of Taylor Kiser of foodfaithfitness.com

INGREDIENTS FOR SALAD:

- 3 Tbsp sliced almonds
- 2 tsp olive oil
- 1 medium sweet potato (about 300g), spiralized with the 3mm blade
- Sea salt
- 1 large apple (I used Fuji), spiralized with the 3mm blade
- 3 cups spinach, packed
- 3 Tbsp golden raisins

INGREDIENTS FOR VINAIGRETTE:

- 2 Tbsp pure apple juice
- 1 Tbsp natural creamy almond butter
- 1 tsp raw apple cider vinegar
- 1 ½ tsp organic Dijon mustard (make sure it doesn't have wine added)
- ½ tsp fresh ginger, minced
- 1 Tbsp olive oil
- Sea salt

INSTRUCTIONS FOR SALAD:

i. Preheat your oven to 300°F and place the almonds onto a small pan. Cook until lightly golden brown and toasted, about 7-10 mins. Watch them closely as they can burn quickly.
ii. While the almonds cook, heat up the olive oil in a large pan on medium heat. Add the sweet potato noodles and cook, stirring frequently, until tender and wilted, about 7-10 mins. Season with sea salt.
iii. Place the cooked sweet potato noodles into a bowl with the spiralized apple, spinach, golden raisins and add in the toasted almonds. Mix well.

INSTRUCTIONS FOR VINAIGRETTE:

i. Add the apple juice, almond butter and apple cider vinegar into a small, microwave-safe bowl and microwave for 30 seconds to soften to almond butter.
ii. Add in the Dijon mustard and ginger. Whisk until smooth and well combined.
iii. While whisking, add in the olive oil and whisk until smooth and creamy. Add a pinch of salt.
iv. Pour the dressing over the salad and toss until evenly coated.
v. Divide between two plates and DEVOUR!

PRINT RECIPE

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Be sure to save our email address so you don't miss out on upcoming newsletters.

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Invites You To Listen To

TMJ & Sleep Therapy Centre of San Diego

THE DENTAL BRIEF PODCAST
EPISODE 19 Dr. Steven Olmos – NOVEMBER 24, 2020

DR. STEVEN OLMOS FEATURED IN THE DENTAL BRIEF PODCAST

Listen to The Dental Brief Podcast Here:

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Questions?
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TMJ & Sleep Therapy Centre of San Diego

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TMJ & Sleep Therapy Center of San Diego is on all main social media platforms. Follow us, subscribe, tag, click, like, comment and / or just learn and share information. Each platform has different and new information, so visit us on all social media platforms and don't miss a thing.

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TMJ & Sleep Therapy Centre of San Diego

TMJ & Sleep Therapy Centre of San Diego invites you to visit our TMJ & Sleep Therapy Centre INTERNATIONAL YouTube Channel where you will find a New Video Every Friday. Learn about pain, sleep, health, nutrition and more, from Dr. Steven Olmos and our TMJ & Sleep Therapy Centre of Excellence doctors around the world.

Myofunctional Therapy

Dr. Karina Patel from our TMJ & Sleep Therapy Centre in London explains Myofunctional Therapy and how to find a trained specialist.

Phone Number: +44 20 77250523

www.londonsleepcentre.com

What is a Sleep-Related Breathing Disorder?

Dr. Steven Olmos from our TMJ & Sleep Therapy Centre in San Diego explains Sleep-Related Breathing Disorders and how to identify them.

Phone Number: (619) 466-2774

www.tmjsleepsd.com

Clenching & Grinding Your Teeth

Dr. Shirazi from our TMJ & Sleep Therapy Centre of Conejo Valley & Los Angeles explains why you clench and grind your teeth at night.

Conejo Valley Phone Number:

(805) 496-5700

Los Angeles Phone Number:

(310) 401-0813

www.tmjandsleeptherapycentre.com

And More...

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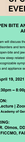
HIGHLIGHT CONNECTION



UPCOMING EVENT

"OPEN BITE AND JAW DISLOCATION WITH ORAL APPLIANCE THERAPY"

This program will discuss the prevalence and overlapping symptoms of sleep disordered breathing and temporomandibular disorders. We will also discuss the causes of open bite and jaw dislocation when using oral appliance therapy. You will also how sleep related breathing disorder therapies can often out-dislocation and why the most recognizable symptom of a sleep breathing disorder is Bruxism. We will showcase and appliance selection.

DATE: April 19, 2021

TIME: 6:30pm – 8:00pm PST

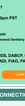
LOCATION:
Virtual Lecture | Zoom
California Academy of General Dentistry | San Diego Component (SCAGD)

FEATURING:
Steven R. Olmos, DDS, DABCP, DABCOSM, DABDSM, FAAOP, FAAOP, FICOMO, FAAO, FIAO, FACD, FPPA

LEARN MORE

EDUCATION CONNECTION

National Sleep Awareness Week



March 14 – 20, 2021

TMJ & Sleep Therapy Centre of San Diego joins the National Sleep Foundation on March 14 – 20, 2021 in their focus to bring the importance of healthy sleep, and sleep disorders to the forefront public. NSF (National Institute for Health) has identified that sleep related breathing disorders such as Obstructive Sleep Apnea and snoring affect 60 to 70 million Americans. Obstructive sleep apnea has no age boundaries. It affects both adults and children.

Sleep Apnea is defined as the absence of breathing during sleep. When you are not breathing, oxygen cannot reach the brain and other vital organs in the body. It is a serious medical condition that can lead to a number of health issues including a heart attack, stroke, reading in interrupted and poor sleep. Suffocation can also trigger bruxism (teeth grinding) and temporomandibular joint (TMJ) disorders. Bruxism can wear away your enamel down the teeth and the temporomandibular joint, but it also frequently results in correlational pain (headaches, Migraines, TMD). A common reason for this misalignment occurs when an Obstructive Sleep Apnoea (OSA) is a poorly positioned jaw or tongue which can lead to a decreased airway, preventing oxygen to the lungs. A custom fabricated oral appliance can be the answer.

Obstructive Sleep Apnea' (OSA) is a medical condition that is diagnosed by a medical doctor. It can be treated by a dentist with special understanding and training on this life threatening breathing disorder. At present, the primary method for treating OSA is the use of a machine called a CPAP (continuous positive airway pressure) or BiPAP (bi-level positive airway pressure).

The American Association of Pediatrics "Practice Parameters" recently stated that all children should be screened for snoring because of the 70% overlap of snoring and sleep apnea. The numbers are staggering!

THE GOOD NEWS
3 children are still in developmental stages and when identified with Sleep Related Breathing Disorders, orthopedic development can provide long term successful results!

Because children are still growing, their structure can be directed for optimal development of the airway. Non-invasive treatment options are also available for adult patients suffering with airway apnea including the CPAP intolerant patient.

It is important to understand that the lack of oxygen needed for good sleep does not simply make you tired. There are a wide range of health conditions resulting from the cumulative effect of poor oxygenation and loss of sleep.

The health risks associated with sleep breathing disorders in adults include:

- Diabetes
- Cardiovascular Disease
- High Blood Pressure
- Stroke
- Heart Attack
- Dysfunctions of The Nervous System
- Craniofacial Pain, Orthopedic Dysfunction of TM joints

The health risks associated with sleep breathing disorders in children include:

- Diabetes
- Cardiovascular Disease
- Cognitive Deficiency
- ADHD
- Impaired Intelligence
- Delayed Development Dysfunctions of The Nervous System
- Depression
- Craniofacial Pain, Orthopedic/Dysfunction of TM joints

WHAT TO LOOK FOR
Signs to Look for in Your Child. They should be evaluated if they meet any of the following:

1. Do they wake in the same position in which they fell asleep?
2. Are the bed sheets strewn all over the bed?
3. Do they wake up with a nonrefreshing, dry mouth?
4. Do they have dark circles under the eyes?
5. Do they snore?

The American Association of Pediatrics "Patient Parameters" states all children should be screened for snoring and all children who snore should have a sleep study for evaluation of apnea because of ADD / ADHD and cardiovascular risk.

TEST YOURSELF
You should be evaluated if you answer "Yes", to any of the following:

1. Do you snore?
2. Are you a diagnosed sleep apnea patient with CPAP intolerance?
3. Do you wake frequently to urinate at night?
4. Do you wake feeling unrefreshed or unrested?
5. Have you or your sleep partner identified that you choke, gasp or stop breathing during sleep?

We are here to help you!
Contact TMJ & Sleep Therapy Centre of San Diego Today
7670 El Cajon Blvd, La Mesa, CA 91942
TEL: (619) 462-2774
info@tmjsleepcenter.com
www.TMJSleepSD.com

Try out our Weekly Sleep Diary Sheet!

DOWNLOAD IT HERE

TECHNOLOGY CONNECTION

HOME SLEEP TESTING

TMJ & Sleep Therapy Centre of San Diego introducing

POWERFUL, SIMPLE,
MediByte® Junior is a Type 3 Recorder

This next generation MediByte® Jr Home Sleep Testing (HST) device uses patent pending technology to provide simple, cost-effective and reliable home sleep apnea screening.

The extra-strength LEMC™ connector and smooth nylon makes the MediByte® Jr incredibly durable. Side wings conveniently attach the unit to the chest effort belt and the finger clip sensor. Its large memory and long battery life support multi-night tests, a great choice for adults and children alike. The product is tech savvy, storing all tests on the internal memory and can be downloaded via a USB computer connection. This recorder is the next generation of screening devices and a CPAP compatible.

The MediByte® Jr may be used during titration studies or for 12-week follow-up evaluations.

This video shows how easy it is to use the AMAZON MediByte® Jr home sleep apnea recorder in three simple steps.

TEAM CONNECTION

Steven R. Olmos, DDS, DABCP, DABCOSM, DABDSM, FAAOP, FICOMO, FIAO, FACD, FPPA

Dr. Olmos loves watching his favorite team, the Los Angeles Dodgers. When it is safe to return to the ballpark, you will see him and his family in the stands cheering on the boys in blue! In the fall you will catch him cheering it on his Alma Mater, USC. Dr. Olmos is married to his wife's favorite team, the Seattle Mariners. He enjoys to share the needs of teams on his favorite piece of matchmaking, his puzzle. Be sure to wave if you see him!

DOUG SMITH, DDS, FAACP

Dr. Smith is a sports junkie! When he has time you will find him watching any and all sporting events. From Alabama Football, to the NY Mets, to the NY Knicks or the NY Jets, he is a huge sports fan to watched. He is hoping he will be the year he one of his beloved teams.

COMMUNITY CONNECTION

FEBRUARY

February's doctor of the month is Dr. Sophia Kalawi of Lifetime, CA. Thank you for your continued support and referrals!

Dr. Sophia Kalawi, DDS
Family Dentistry

SOPHIA KALAWI, DDS
Family Dentistry
8380 Miramar Mall #102
8380 Miramar Mall #102, La Mesa, CA 91942
(858) 270-5370

ASK DR. OLMOS CONNECTION

Weekly episodes of "Ask Dr. Olmos" are live on our YouTube channel!

Watch Episode 26:
In this episode, Dr. Olmos answers "At what age do you treat sleep breathing disorders?"

SUBMIT YOUR QUESTIONS

YOUTUBE SUBSCRIBERS

This fund helps support the pilot study engineered by Dr. Steven Olmos, Dr. Judy Owens, and Dr. Rakesh Bhattacharyee

Facebook Support Group
"Sleep / TMJ / TMD Support / Discussion Group"

Join Us!
Share success stories and encouragement with patients from our TMJ & Sleep Therapy Centres around the world

NUTRITION CONNECTION

Tart Cherry Turmeric Bedtime Tea

PREP TIME: 2 min
COOK TIME: 5 min
SERVES: 2 Cups

Recipe courtesy of Emma Lafleur
Loved Tea.com

INGREDIENTS:

- 1 cup Montmorency tart cherry juice
- 1 cup water
- ½ teaspoon ground turmeric
- ½ teaspoon freshly grated ginger
- 2 bags chamomile tea
- ½ cup Fresh Montmorency tart cherries

DIRECTIONS:

In small pot or tea kettle bring tart cherry juice and water to a boil. Stir in turmeric, ginger and tea bags. Remove from heat and steep for 5 minutes to 10 minutes. Steep for 5 minutes. Remove tea bags and enjoy warm. This tea is also delicious room temperature or chilled.

PRINT RECIPE

TMJ & Sleep Therapy Centre of San Diego

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Your Comments Are Key to Our Success!

Friendly Doctors...

Excellent Service...

Trained Professionals...

The best form of flattery is a referral, please leave us a review!

Review Us On Google Today!

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Sleep/TMJ/TMD
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Discussion Group

Meet new people, share knowledge, share success stories, get support and communicate with other patients, from other TMJ Centres around the world. A safe online space for like-minded individuals.

Get Support Anywhere, Anytime, Join Us Today!

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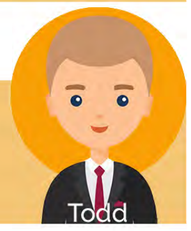
PATIENT TESTIMONIALS

Jenna

...I first came here with a locked jaw, I wasn't able to open my mouth at all and then within a day or two, they had me fitted for an appliance...within 6 months I did not have any jaw pain...

Before coming to TMJ I felt very tired, lethargic during the day due to snoring and sleeping problems...I am sleeping 100% better...



Todd

Victoria

... I had my jaw pain for a year... [I visited] Dr. Olmos and I started my treatment with him in February [2019] and it's been like 12 weeks... my pain... has subsided...

We appreciate your testimonials and we thank you for letting us be part of your better health journey!

Our goal is to improve the quality of life in adults & children with non-surgical therapies and using the latest technology to accomplish our goal. Your comments will impact the life of others and together we will help improve the health of our community; one patient at a time.

Write Your Testimonial on Google Today

"Parkinson's is a progressive disease, but as a result of Dr Olmos and his treatment, I am doing better this year than I was a year ago; I can go to bed and sleep well, the pain in my shoulders and neck is gone…"

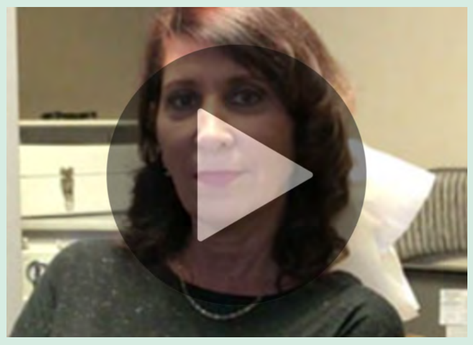
LEARN MORE

"I thought I had an ear infection and jaw pain that moved into my right ear... it was excruciating pain, neck pain, back pain... I don't have the pain, my jaw pain is gone, my back pain is gone..."

LEARN MORE

"…I been dealing with TMJ one way or another since I was a teenager. I probably went to about a half a dozen people who claimed that they could help me, but they never really were able to solve the pain problem…finally I found Dr. Olmos…my pain is significantly almost totally gone…"

LEARN MORE



"… I came to Dr. Olmos and Dr. Smith the TMJ & Sleep Therapy Centre on a referral from my chiropractor …I was having terrible jaw pain for a really long time ...the first thing he did was help me with my jaw pain… but the most incredible thing is the way he improved my life beyond that!"

LEARN MORE

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TMJ & Sleep Therapy Centre of San Diego

HEALTH

MONTHLY NEWSLETTER | 2021 APRIL

HIGHLIGHT CONNECTION

DR. STEVEN OLMOS FEATURED IN THE WELLNESS HOUR "TREATING TMJ DISORDERS & MIGRAINE HEADACHES"

LISTEN TO THE EPISODE

EDUCATION CONNECTION

Comorbidities of Chronic Facial Pain & Obstructive Sleep Apnea

Sleep physicians and dentists should be aware of concurrent effects to optimize patients' treatment.

Reviewing the high comorbidity of craniofacial pain (chronic face pain, temporomandibular disorders, and primary headaches) with obstructive sleep breathing disorders and obstructive sleep apnea (OSA), Dr. Steven Olmos, specialises in Dental Sleep Medicine at The TMJ & Sleep Therapy Centre of San Diego, through his study recommends that, physicians treating OSA and dentists treating chronic pain be aware of the concurrent chronic pain that affects quality of sleep, so that proper reciprocal referrals can be made to optimize patient's treatment.

Establishing the relationship, The TMJ & Sleep Therapy Centre of San Diego highlighted that, patients with primary headaches and facial pain are at high risk for sleep breathing disorders and vice-versa. However the centre raises an important fact that, the high comorbidity of sleep breathing disorders and chronic face pain and primary headaches is not limited to adults.

Children have the same or greater risk of these relationships. That's why screening for chronic face pain, primary headaches and sleep breathing disorders should be performed for all patients seeking care for either set of disorders.

Studying the correlation between Obstructive Sleep Apnea and several chronic pains, the centre mentions that bidirectional prevalence has become pretty evident over a number of case studies and period of time. Headaches for example, are the most prevalent neurological disorders and one of the most frequent symptoms reported in general practice. Its rates of up to 91% have been reported in children and adults alike. Migraine is another highly prevalent disorder, currently estimated to occur in 10–16% of the population worldwide. Dr. Steven Olmos advocates, "Sleep disorders occur disproportionately among idiopathic primary headaches (migraine, tension type and cluster) and other headache patterns (chronic daily headache, 'awakening' or morning headache) irrespective of diagnosis. It is best that all headache patients, particularly those with episodic migraine and tension-type headaches, undergo evaluation of sleep disorders."

Similarly, musculoskeletal, joint, neck and back pain have been known to have a correlation with sleep disorders. Sleep related bruxism, teeth grinding and forward head posture, are some of the many symptoms and conditions that The TMJ & Sleep Therapy Centre of San Diego suggests for expert medical attention.

Concluding the report, Dr. Steven Olmos and Dr. Doug Smith from the TMJ & Sleep Therapy Centre of San Diego agree, "The comorbid relationships of pain, obstructed sleep breathing (OSA and UARS), nasal obstruction, frequent awakenings, and daytime fatigue are well documented. When patients come for respite from sleep disorder, their intake questionnaire should be inclusive for chronic pain (specifically craniofacial pain) and disturbed sleep related symptoms. Patients with primary headaches and facial pain are at high risk of sleep breathing disorders. Therefore, to decide line of treatment and optimize its outcome, sleep specialists need to perform a thorough know-how of unclear symptoms of several types of pain."

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Craniofacial Pain (TMD/TMJ)

This is a very real condition caused by disturbances in the action of the jaw. Research has shown that many factors may lead to this disorder - it can occur by itself or be a part of a more complex problem. We believe that there is usually more than one factor responsible. Causes may include trauma - trauma: automobile accident, sports injury, accidental falls etc. or micro traumas of clenching and grinding of the teeth (bruxism), which causes the muscles that stabilize the joint to become fatigued from overwork

resulting in head, face, jaw and muscle pain. Often the jaw problems, head and facial pain, headaches, migraines and musculoskeletal pain are symptoms of a greater problem affecting the body, much like a fever is secondary to the common flu. In the absence of an acute injury to the head or facial area, we believe the primary cause of these problems is frequently related to insufficient oxygen while sleeping—a an unidentified sleep breathing obstruction.Sleep Apnea or Obstructive Sleep Apnea. Everyone assumes they are breathing and getting enough oxygen during sleep; few recognize that nighttime teeth grinding and clenching (bruxing) is an unconscious effort to prevent suffocation. This repeated action all night long over extended periods of time wears down the skeletal structure and the joints resulting in TMJ pain, headaches, musculoskeletal pain.TMJ dysfunctions and facial neuralgias.

TECHNOLOGY CONNECTION

T-SCAN OCCLUSAL ANALYSIS

Many dental procedures can change the way you bite. Fillings, crowns, bridges, extractions, and orthodontics as well as many more. For over 100 years dentists have relied on paper covered in ink to see where the upper and lower teeth contact. But this old technique gives no information on the force, timing, and balance of your bite. And that's exactly what makes you feel your bite is "off". We use the T-Scan NOVUS system that displays all this information on a computer so that your dentist can use it to get your bite right, with minimal tooth loss from guessing. So that you aren't subjected to the time and expense of unnecessary office visits.

COMMUNITY CONNECTION

MARCH

March's doctor of the month is Dr. Jaime Acuna of San Diego, CA.
Thank you for your continued support and referrals!

Jaime Acuna DDS

3388 Palm Ave # 101, San Diego, CA 92154
(619) 424-3456

ASK DR. OLMOS CONNECTION

Weekly episodes of "Ask Dr. Olmos" are live on our YouTube channel!

Watch Episode 33:
In this episode, Dr. Olmos answers "Is there a way to screen myself for TMJ at home?"

SUBMIT YOUR QUESTIONS

YOUTUBE SUBSCRIBED

Pediatric Screening Tool Validation for OSA Fund

Support the pilot study engineered by Dr. Steven Olmos, Dr. Judy Owens, and Dr. Rakesh Bhattacherjee!

LEARN MORE & DONATE ONLINE

Facebook Support Group "Sleep/TMJ/TMD Support/Discussion Group"

Join Us!
Share success stories and communicate with other patients from our TMJ & Sleep Therapy Centres around the world.

Do you have Craniofacial Pain/TMJ?

Facial pain, headaches and jaw problems are frequently only a symptom secondary to a greater problem affecting the body, much like a fever is secondary to the common flu.

If any of the following symptoms affect your daily life or you are taking regular pain medication or sleeping aids, you should consult The TMJ & Sleep Therapy Centre of San Diego, a dental method to diagnosing and treating these disorders.

- Headaches - recurring or chronic
- Earache or ear symptoms of ringing, fullness or ringing
- Neck Pain or Stiffness
- Facial Pain
- Jaw joint sounds *(clicking, popping or grating)*
- Limited ability to open or close mouth
- Jaw locking (opened or closed)
- Pain or soreness in your teeth
- Pain or soreness in the TM Joints
- Dizziness or Pain or difficulty chewing or swallowing

Contact TMJ & Sleep Therapy Centre of San Diego Today!
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NUTRITION CONNECTION

Spring Green Salad (VEGAN, GF)

Turmeric Balsamic Vinaigrette

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Spring Green Salad

PREP TIME: 5 Min
COOK TIME: 20 Min
TOTAL TIME: 25 Min

The recipe was inspired by Tessa Pitcher | Fit Foodie Nutter | www.fitfoodienutter.com
Modifications to the original recipe were made to fit the Anti-Inflammatory Diet parameters.

INGREDIENTS FOR THE SALAD:

- Salt & Pepper to Taste
- A Bunch of Fresh Asparagus (7-8 spears), Cut in Half
- 1 tbsp Olive Oil
- ½ Cup Sugar Snap Peas
- 3 Cups Baby Spring Mix
- ¼ Cucumber , Thinly Sliced
- A Bunch of Fresh Mint Leaves , Roughly Chopped
- 1 Avocado , Thinly Sliced

INGREDIENTS FOR THE DRESSING:

- 3 tbsp Olive Oil
- 1 tbsp Balsamic Vinegar
- 1/2 Lemon
- 1 tsp Maple Syrup
- 1/2 tsp Grated Turmeric

DIRECTIONS:

1. Heat up the olive oil in a grill pan. When the pan is really hot, add the asparagus, season with salt and pepper and cook on high heat for 3-5 mins until the asparagus is tender yet still a little crunchy. Set aside.
2. In a big mixing bowl, combine fresh sugar snap peas, cucumbers, baby spring mix, mint, avocado and grilled asparagus.
3. To make a dressing, combine the ingredients in a jar and whisk well. Pour over the salad just before serving.

PRINT RECIPE

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Be sure to save our email address so you don't miss out on upcoming newsletters.

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TMJ & Sleep Therapy Centre of San Diego

NIGHT LASE®
LASER SNORING TREATMENT

NIGHTLASE®

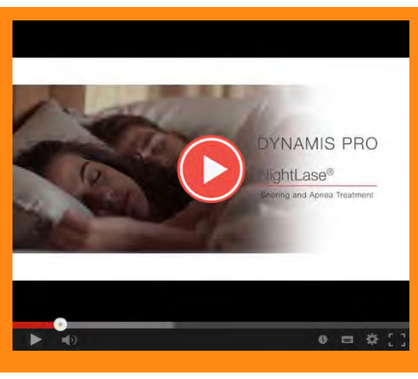
- Fast and NON-invasive way of increasing your quality of sleep.
- Non-Surgical Airway Enhancement Treatment.
- Laser Snoring Treatment.

NightLase® is a leading-edge laser procedure for the treatment of snoring. It is a non-invasive, no appliance, simple and an effective way of keeping your airway open and reducing or eliminating snoring.

- Non-InvasiveNo
- Pain, No Scalpels, No Sutures
- Increases Sleep Quality
- Lessens Effects of Snoring
- Safe & Patient-Friendly Treatment
- High Success Rate
- Laser Light Therapy Tightens Tissue & Opens Airways

How NightLase® Works

Laser energy is used to heat the tissues of the airway causing a tightening effect which helps to keep your airway open. NightLase® is performed with approximately three short treatments spaced over two months. Each treatment lasts 15 minutes and requires no anesthesia. The procedure is comfortable, and you can resume your daily routine immediately afterwards. Results are often seen after the first session.



NightLase® therapy is a non-invasive, patient-friendly laser treatment for increasing the quality of a patient's sleep. NightLase reduces the effects of sleep apnea and decreases the amplitude of snoring by means of a gentle, laser-induced tightening effect caused by the contraction of collagen in the oral mucosa tissue

NightLase®
Effective in reducing apnea 66.3% on average.

READ ARTICLE

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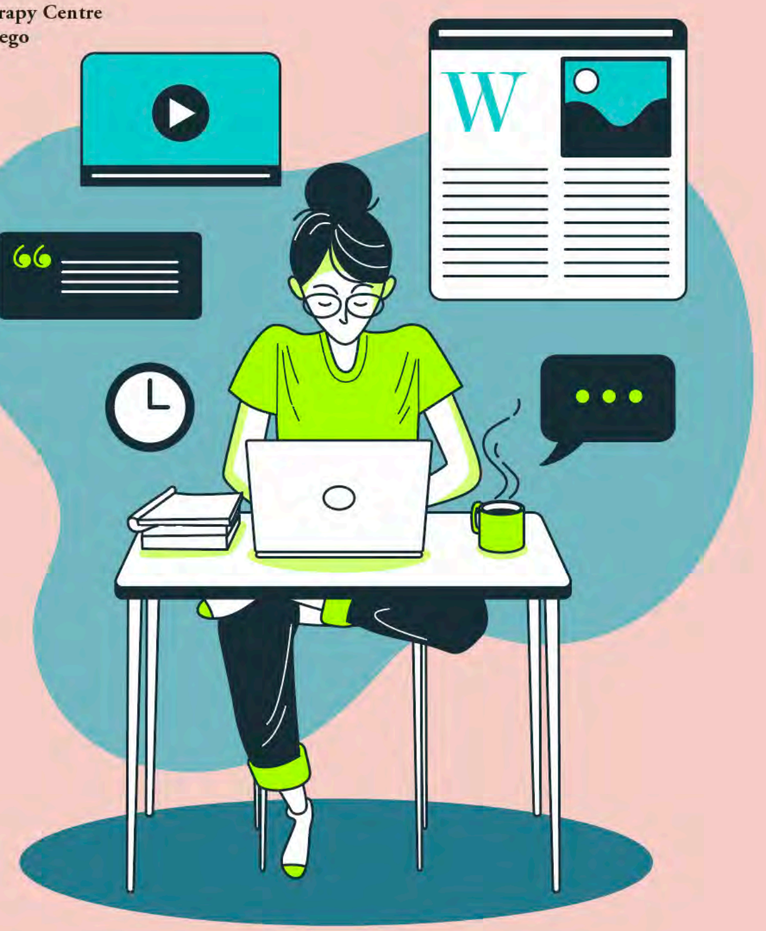

BLOG

Dr. Steven Olmos and the team at TMJ & Sleep Therapy Center of San Diego are glad to inform you about our blog page. A tool that would help you gain knowledge about your condition, keep you informed and give you great anti-inflammatory diet recipes.

Visit Our Blog Page Today!

TMJ & SLEEP THERAPY CENTRE OF SAN DIEGO

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EDUCATIONAL VIDEOS | RECIPE VIDEOS | FUN VIDEOS

TikTok

Our official TikTok account @TMJSleepSD

We have been enjoying getting creative on the platform with our TMJ & Sleep Therapy Centre of San Diego team. Follow Us!

You'll have access to short educational videos, mini-series, anti-inflammatory recipes as well as memorable fun videos.

We hope our referring doctors and patients have fun watching and engaging with us!

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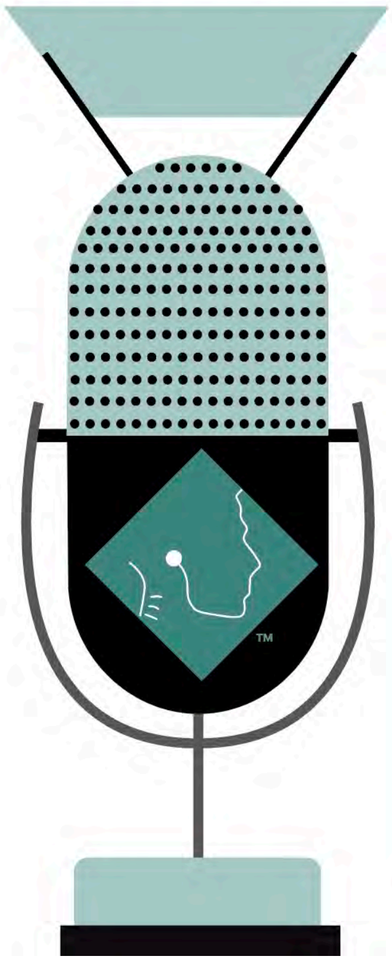
A radio show devoted to help improve your quality of life!



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With Dr. Steven Olmos & the experts at TMJ & Sleep Therapy Centre of San Diego.

Be sure to listen to *Breathe. Sleep. Heal. Live*., our radio-broadcast archives where you will hear from Dr. Steven Olmos and the experts at TMJ & Sleep Therapy Centre of San Diego. Visit us at TMJSleepSD.com/News/ to learn more about Chronic Pain and Sleep Breathing Disorders!

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