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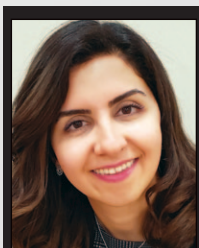
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FEATURING
PROFESSIONALS
WHO CAN HELP YOU KEEP YOUR

New Year's Resolutions



Jannah Bacchus, DPM
Podiatry



Sheri Salartash, DDS, FAGD
Dentistry & TMJ Solutions



Dawn Curtis, ERYT 500, C-IAYT
Yoga Therapy



Andrew M. Sklar, DDS
Sedation Dentistry



Jeffrey L. Brown, DDS
TMJ & Sleep Apnea Treatment



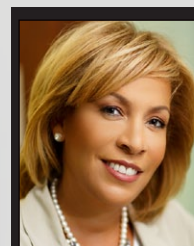
Andrew S. Kim, MD
Allergy, Asthma, Immunology

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SPECIAL FOCUS

VISION — and — EYE CARE

PROFESSIONALS



Jacqueline Griffiths, MD
Ophthalmology



Ahmed Nasrullah, MD
Ophthalmology

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Cardio Health & Diabetes

PROFESSIONALS WHO CAN HELP YOU LIVE HEALTHIER

PLUS, A Special Focus on

MENTAL HEALTH PROVIDERS

Don't Snore Your Way Through 2020

By Jeffrey L. Brown, DDS
Sleep & TMJ Therapy

As we enter 2020, many of us are working towards our New Year's resolutions. If taking better care of your health is not on your list, please reconsider. One health issue that is overlooked is sleep apnea.

As it turns out, many people these days suffer with this problem and don't even know it. If you find that you are not sleeping well, snoring, having

trouble concentrating, having weight loss issues, waking up frequently or waking up tired, you may have an underlying sleep problem. Taking care of this early on is ideal and will help to reduce the chance of more serious conditions like heart disease and diabetes.

Generally, when we ask a patient if they snore or wake up a lot, they really don't know for sure. One of the best ways to figure out if you have any sleep issues is to ask your spouse,

or anyone in the house who might be able to hear you at night. It is usually those around you that notice indicators of sleep issues first. Another way to track your sleep patterns is with a Fitbit. On the app you can see how restless you are and keep an eye on your sleep stages.

If there are signs of a problem, it is important that you see a sleep specialist such as a medical doctor or dentist, with a focus on sleep apnea. After a thorough evaluation, you will



Jeffrey L. Brown, DDS

likely be referred to a sleep center for a sleep study. The study provides a detailed report of your sleep patterns and a diagnosis so your doctor can proceed with a proper treatment plan. Typically, a CPAP machine is recommended to patients with severe apnea. If your apnea is mild to moderate, a highly effective treatment option is a custom dental appliance. Many patients find that these appliances are much easier to wear since they fit in the palm of your hand.

"When selecting a sleep specialist, it is best to choose someone who also has experience with treating jaw joint dysfunction."

When selecting a sleep specialist, it is best to choose someone who also has experience with treating jaw joint dysfunction (TMD). Although TMD is not well understood, most sleep apnea sufferers have an underlying jaw joint problem, i.e. the discs in the jaw joints slip out of place. When slipped, the discs can cause cranial imbalances and bite problems which can narrow the airway. If there is an underlying jaw joint problem, your dentist can treat the dysfunction and your sleep apnea at the same time.

There are many appliances, however, one of the best and most current treatments available is the Advanced Lightwire Functional (ALF) appliance. An ALF is custom designed by your dentist to achieve specific outcomes such as opening the airway, repositioning the lower jaw, aligning teeth, leveling cranial bones, improving nasal breathing and reducing symptoms associated with TMD and sleep apnea.

With all of that said, put your health first this year and pay attention to your sleep patterns.

We Are NOT Your Typical Dental Office

We Can Help With:

- Jaw Pain, Clicking or Popping
- Head, Neck and Shoulder Pain
- Migraines
- Craniofacial Pain
- Sleep Apnea
- Orthodontics

Dr. Jeffrey Brown has limited his practice to focus only on TMJ Disorders, Craniofacial Pain Management and Sleep Apnea. By fixing slipped discs in the jaw joints, Dr. Brown can significantly reduce the pain patients experience in the head/neck region and other symptoms associated with jaw joint problems. Sleep & TMJ Therapy may be able to improve the quality of life for you or a loved one – we encourage you to contact us with any questions or concerns.

"Dr. Brown and his staff are absolutely wonderful. I was diagnosed with Dystonia. I could not turn my head and had a ton of pain. My doctors offered no help and no advice besides Meds and Botox. Since having the appliance I have NO pain and I can turn my head. I would highly recommend them to anyone. I feel Dr. Brown and his staff really care about their patients and helping them to get better. They do not just numb the symptoms but fix the problem. Thank you from the bottom of my heart. I feel like the old me again!"
- D. Thomas

"My daughter has been treated by Dr. Stack and Dr. Brown for the last 2 1/2 years, and we are very fortunate to have found them. Prior to that she was being treated by a neurologist at a Children's hospital. She was on medications for tics and associated muscle pain, OCD/repetitive thoughts, sleeplessness and more (all possibly associated with Tourettes). Drs. Stack and Brown installed spacers to alleviate pressure on nerve bundles in the jaw, and subsequently braces to complete the process. Her symptoms have diminished significantly. She is off medication, her tics have all but disappeared, she can concentrate better in school, and she is once again cheerful and relaxed."
- Susan

For more reviews, search "Sleep & TMJ Therapy" on Google!



Jeffrey L. Brown, DDS

- Certified Fellow of the American Academy of Craniofacial Pain
- Over 30 Years Experience
- Graduate of Georgetown School of Dentistry (1986)



Schedule Your Appointment Today: 703-821-1103

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