



Welcome To Our Newsletter



Welcome to Newsletter 4 and our first of 2010. Now that we are well and truly settled into our Chatswood rooms, we have had a few changes (all good!) at Dr David Young and Associates since our last newsletter. There are some new faces around and we have said a fond farewell to some old friends. We are especially excited to introduce Suzie Zerafa who has joined our team this year as a dental hygienist.

In this issue and the next, we look extensively at the medical conditions of snoring and obstructive sleep apnoea. These conditions are common in our community and can be quite debilitating, with high social and economic costs. In Part 1 of our series, we'll look at their presentation in adults and how your dentist can help in detection and treatment.

Please continue to give us feedback on the services and treatment we provide, and also let us know about any other topics you would like to see featured in future newsletters.

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Snoring, Sleep Disorders and
Sleep Apnoea

The team at Dr David Young and Associates look forward to seeing you soon



Open Monday - Saturday

Emergency and after-hours appointments

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Chatswood 2067

Next door to Chatswood Chase

(Malvern Ave Carpark Entrance - 3 hours FREE Parking)

Email info@djydental.com.au

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STAFF News

We have had a lot of hellos, goodbyes and congratulations over the last 6 months. Claudia joined our reception team towards the end of last year, and has ably taken over the marketing administration from Susu, who has returned to live in China. Susu is currently studying aromatherapy in Beijing and is getting married next year to Aaron. She keeps in touch with us via email and Skype and still looks after the surgery website.

Recently we have farewelled Caroline and Paige. Caroline has moved onto nursing at a surgery closer to home and family. She has been an integral part of our practice since we moved to Chatswood and will be greatly missed. Paige is on maternity leave and gave birth to a gorgeous baby girl, Scarlette Ava, on 20th March, weighing in at 3.4kg. We wish Paige and Jeff all the very best and hope that baby Scarlette learns to sleep through the night as soon as possible!



Nicole, who works on Mondays and Tuesdays on reception, will also be going on maternity leave soon and is due to have her second child in mid June. We'd also like to congratulate Alyce, our other part time receptionist (who happens to be our senior nurse, Sharon's, daughter) who recently graduated with a Bachelor of Arts degree majoring in Psychology from the University of Western Sydney. She is now planning to start post graduate studies in either psychology or business.

The new faces you are likely to meet at your next visit are Suzie Zerafa, our dental hygienist, nurses Azar and Natasha, and Katie who joins our reception team. All the clinical staff come to us with many years experience in the dental world and Katie has an extensive background in retail and customer services. We are very pleased to welcome them all on board. Currently Suzie and Natasha are helping care for Dr David Young's patients and Azar is nursing with Dr Gautam Sridhar.

ARTARMON Public School Band

In 2009, Dr David Young and Associates were sponsors of the Artarmon Public School Bands. On Sunday 29th November 2009, David, Joanne, their daughters Lauren and Evelyn and Joanne's father, Keith, attended the Artarmon Public School end of year Band Concert at Macquarie University. The 2 hour concert highlighted the impressive amount of talent between all the bands in the school and David and Keith (who was the school's band leader in 1953!) presented certificates to all the band captains at the end of the concert.

We are delighted to be sponsors again in 2010 and wish all the students participating a fantastic year.





WELCOME TO SUZIE, our new Hygienist!

Suzie Zerafa is our Dental Hygienist who joined Dr David Young and Associates earlier this year. Suzie works closely with Dr David Young in helping care for his patients' oral hygiene needs and will usually see patients at their regular check up appointment with Dr Young. A hygienist is a specialist in oral health and preventative care, which means they are experts in cleaning teeth and gums. They focus especially on each patient's specific needs to keep their mouth and gums healthy, so that they are less likely to develop dental problems. It requires 3 years of university study to earn a Bachelor of Oral Health degree.

Suzie has been working in dental healthcare for over 20 years and has worked as a hygienist for both general dentists and periodontists (gum specialists). She is passionate about her work and looking after the needs of all different age groups.

SURGERY HOURS and Dentist appointment availability

Dr David Young and Associates is open Monday to Saturday. The surgery is open from 8am Monday to Friday, and Saturdays from 9am. Evening appointments with Dr Young are available on Tuesdays till 8pm and emergency appointments are seen daily.

Dr David Young:

Monday 11:00am - 5:00pm; Tuesday 11:00am - 8:00pm
Thursday and Friday 8:00am - 5:00pm
Saturday from 9:00am

Dr Gautam Sridhar:

Monday, Wednesday and Thursday 8:00am - 5:00pm
Saturday from 9:00am

Dr Kavita Lobo:

Tuesday 8:00am - 3:00pm
Friday 10:00am - 5:00pm

Ms Suzie Zerafa:

Monday and Tuesday 10:30 - 4:00pm
Friday 8:00 - 4:00pm
Saturday 9:00am - 1:00pm

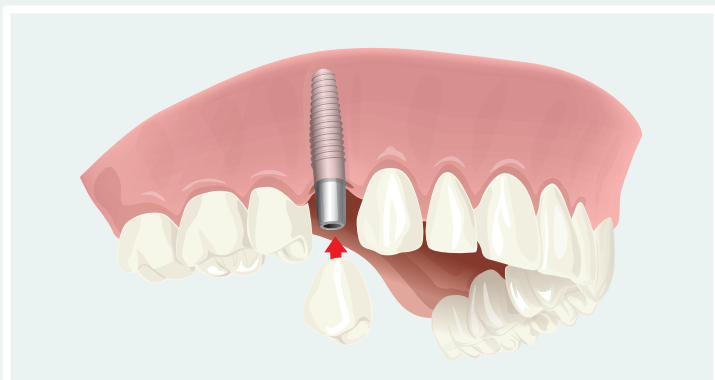
PARKING update

With the Chatswood Chase renovations completed, we'd like to give you the final update as to accessing the surgery after you park your car in the shopping centre's carpark (3 hours free).

The Malvern Ave carpark entrance is conveniently located next door to our building. Drive up the ramp and park on any level of this section of the carpark. Note there is no pedestrian access going back down the ramp. Take the lift or the stairs to LG (lower ground - Coles level). Turn right exiting the lift and walk straight out through the Havilah St exit (next to Pattison's Patisserie). Turn left and proceed up Havilah St, then left again at Malvern Ave (approx 3 minute walk).

You can also access Chatswood Chase carpark via Victoria Ave or Archer St. After you park, you will need to walk through the shopping centre and out through either the Havilah St or Archer St exits to access Malvern Ave, as there is no pedestrian access through the Malvern Ave carpark entrance.

IMPLANT SURGERY and Sedation Dentistry



Since late 2009, we have been pleased to be able to offer intravenous sedation for various dental treatments at our surgery. This enables our dentists to be able to offer treatment in familiar surrounds which in the past they may have had to either refer on or perform offsite.

We also offer Implant Surgery on site with Dr Gautam Sridhar and Dr Kent Yuen (visiting specialist). For more information about implants, please visit our website, www.djy dental.com.au, and click onto "Newsletter April 2009," on the Home Page.

SNORING, SLEEP DISORDERED BREATHING AND SLEEP APNOEA - Part 1

There is a rapidly growing awareness of the social and economic costs of snoring and a condition called obstructive sleep apnoea (OSA). OSA is a serious condition and has been linked to excessive tiredness, depression, reduced resistance to infection, increased risk of heart attack, high blood pressure, stroke and diabetes. It can have a significant impact on quality of life, placing strain on relationships, families and the workplace. Studies have shown that nearly a quarter of motor vehicle accidents, many of them fatal, were attributed to sleep disorders.

An Australian study suggests that about 10% of middle aged men and 4% of middle aged women have OSA, and all up, 26% of adults are at high risk of the same. Snoring is even more common, with about 44% of men and 28% of women snoring habitually. 23% of sleep partners sleep in different rooms. In the USA the latest data suggests that 17% of adults have OSA, and this figure will increase to 20% in 2020. 15 million Americans have sleep disordered breathing, of which up to 90% remain undiagnosed. The World Health Organisation estimates 100 million people worldwide have OSA (more prevalent than diabetes or asthma).

In adults, symptoms of OSA are loud snoring, daytime sleepiness, fatigue and witnessed apnoeas (stopping breathing). Regular snorers have a 33% increased risk of cardiovascular disease. One third of patients with coronary artery disease and 65 - 80% of stroke victims will have OSA. 15% of OSA patients have diabetes compared to 3% in the general population.



Human beings have a flexible airway, which is great for generating complex and varied sounds for speech, but which is vulnerable to collapse. While we are awake, muscles in the back of the mouth keep our airway open.

When we sleep, these muscles relax and the upper airway can partially collapse and narrow, causing turbulent air flow, otherwise known as snoring. Lifestyle factors such as smoking (which dries out the airway surfaces), and alcohol, (which relax the muscles even further), exacerbate the problem. Physical features, such as a small lower jaw, large tonsils and adenoids, and fat deposits in the neck also increase the likelihood of snoring. Obstructive Sleep Apnoea occurs if the muscles excessively relax and cannot overcome these factors, leading to airway collapse and obstructed breathing. When this happens, the sufferer's breathing sounds stop (as their breathing is obstructed). The brain then detects the lack of oxygen and prompts a momentary arousal to draw breath, which often sounds like snuffling or snorting. OSA sufferers may experience hundreds of apnoeas per night.

Not all people who snore have OSA, but almost all people with OSA snore. In men the snoring is louder, due to the greater strength of the respiratory muscles. Obesity is the most well known risk factor for OSA. It is the dominant factor in 50% of cases. Increasing age also plays a part, as the muscles at the back of the throat slacken. Therefore, the incidence of OSA is increasing with our ageing, "obesifying" population. Men with a neck size of more than 17 inches and women with more than 15 inches, are much more likely to snore. All 16 contestants in the recent "The Biggest Loser" (USA) were found to have sleep apnoea, leading to a new protocol for the show where all new contestants

About 10% of middle aged Australian men and 4% of middle aged women have OSA and 26% of adults are at high risk of the same.

OSA symptoms include loud snoring, feeling sleepy during the day and episodes of apnoea while asleep (stopping breathing).

must have a sleep study and receive treatment during the show.

The human body requires a certain amount of sleep each night to function effectively. The average amount of sleep a person needs is 7.7 hours. Teenagers need almost 9 hours but 85% don't get this. When we reduce the number of hours we sleep at night,

we start to accumulate what is called "sleep debt", which does not go away by itself. Sleeping is the only way to reduce your sleep debt. A study of 1.1 million men and women ranging in age from 30 to 102 years showed there is increased mortality with people who slept more than 8 hours or less than 6 hours a night. Over 40% of Americans regularly sleep less than 5 hours a night. A 17 year British study of 10,000 government workers showed that dropping from 7 hours of sleep a night to 5 hours creates double the risk of cardiovascular death. One more hour of sleep a night equates to a drop in systolic blood pressure of 17mm of mercury. Quality sleep enhances mood, concentration, reduces the effects of stress and optimises the immune system. Essential hormones for muscle growth and recovery are released.

OSA often begins in childhood and the optimal age for treatment is 3 to 5 years. This need for very early detection and intervention gives added recognition that dentists are well placed to detect important



signs of OSA. We will talk specifically about OSA in children in Part 2, to be featured in our next newsletter (Oct 2010). The signs of OSA dentists can look for in adults include: large necks, small or recessed chins, airway constrictions, large tonsils, narrow jaws producing deep palates and scalloped tongues, deep bites and bruxism (or grinding, secondary to sleep-related micro-arousals).

OSA is diagnosed with a sleep study, as not everyone who snores has sleep apnoea. Also not everyone will benefit from treatment directed at increasing the airway size, as there are other, less common causes of OSA.

Treatments include nightly use of continuous positive airway pressure (CPAP) machines, breathing re-training to learn how to nose breathe, wearing a mouth device to maintain the patency of the upper airway, or even surgery to remove or stiffen excess soft tissue. CPAP devices, although efficacious, are often poorly tolerated. Oral devices, if properly designed, made and maintained, are preferred by 95% of patients. They have been shown to be just as effective for patients who have mild or moderate sleep apnoea. To ensure that a proposed device will be effective, the dentists at Dr David Young and Associates will always ask that a patient be reviewed by an Ear, Nose and Throat (ENT) surgeon. This is to diagnose any unseen obstructions and to confirm that when the device is correctly in place, that the airway dimensions are sufficiently increased.

Dr Young, Dr Sridhar and Dr Lobo have all had continued education in this important area of dentistry, and we have many adults and child patients undergoing treatment related to OSA.

Dentists are well placed to detect important signs of OSA