



TMJ & Sleep Therapy Centre of San Diego
7879 El Cajon Blvd.
La Mesa, CA 91942



HEALTH CONNECTION

HOURS:

Closed
On Fridays

Open
Mon. - Thur. 9:00am-5:00pm

Closed for Lunch
12:00pm - 1:00pm

THE HEALTH RISKS ASSOCIATED WITH SLEEP BREATHING DISORDERS

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:

Risks For Adults Include:

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

Risks For Children Include:

- Diabetes and Cardiovascular Disease
- Cognitive Deficiency and ADHD
- Impaired Intelligence and Delayed Development
- Depression
- Craniofacial Pain, Orthopedic Dysfunction of TM joints



Dr. Olmos Dr. Smith

National Sleep Awareness Week

TMJ & Sleep Therapy Centre joined National Sleep Foundation on March 6-13, 2016 in their focus to bring the importance of sleep awareness and education to the American public. NIH (National Institutes for Health) has identified that sleep related breathing problems such as obstructive sleep apnea and snoring affect 50 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 properly during sleep, there is little or no oxygen getting to the lungs; it is like a slow suffocation. Suffocation triggers the cycle of repeated awakening to breathe, resulting in interrupted and poor sleep. Suffocation can also trigger bruxism, which is an unconscious movement to open an airway. This constant movement not only wears down the teeth and the temporomandibular joint, it frequently results in craniofacial pain (headaches, Migraines, TMD). A common reason for the medical condition known as 'Obstructive Sleep Apnea' (OSA) is a poorly positioned jaw or tongue which can lead to a blocked airway, preventing oxygen to the lungs. A custom fabricated oral appliance can be the answer.



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 is that sleep apnea in children can be cured!

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 sleep apnea including the CPAP intolerant patient.

Contact TMJ & Sleep Therapy Centre of San Diego Phone: 619.466.2774 www.TMJTHERAPYCENTRE.COM

WE GET AROUND!

Getting out and meeting people to educate and share how we can help adults & children with TMJ and chronic headache pain and sleep apnea.



London Sleep Centre Dubai, UAE

We are very happy to announce that Dr. Olmos has opened our newest Centre in Dubai, UAE alongside the London Sleep Centre. This is a very exciting collaboration with one of the top sleep physicians in London and they have already had several top dignitaries from the region come to be treated.



النوم المتقطع
سبب لأمراض القلب
وارتفاع ضغط الدم

اختصاصي أمراض النوم المتعلقة بالأسنان والالام الفموية
في لقاء حصري العالم الأمريكي **ستيفن أولموس:**
**اضطرابات النوم ومشكلات
الفكين تؤثر في نمط حياتنا**

Dr.Olmos making a big impact in Dubai, UAE

36 Centres in 6 Countries!



T&S Therapy Centre
INTERNATIONAL



T&S Therapy Centre INTERNATIONAL

is a leader in the field of continuing education, training and resources for the dental healthcare profession. Through university based programs, T & S provides an integrated approach to patient care for adult and child sleep-related breathing disorders, and for the full range of craniofacial pain, including facial neuralgia, orthopedic dysfunction of the TM joints, musculoskeletal pain, and primary headaches (migraine, tension, cluster).

Course objectives include in-depth diagnosis, triage, the most current diagnostic and treatment technologies, patient management systems, and training at all levels of a dentist's practice. All education is directed by Dr. Steven R. Olmos, an internationally recognized lecturer, researcher, and the founder and CEO of T & S Therapy Centre International. Dr. Olmos graduated from the University of Southern California School of Dentistry, and has dedicated the past 25 years to the fields of craniofacial pain, and sleep-related breathing disorders for adults and children. He has extensive post graduate education and board certifications in both craniofacial pain and dental sleep medicine. Dr. Olmos is an adjunct professor at the University of Tennessee College of Dentistry, where his system of diagnosis and treatment is utilized at the school's Craniofacial Pain Center. He is currently directing research in these fields through data collection at 36 TMJ & Sleep Therapy Centres spanning 6 countries, including the Craniofacial Pain Center at the University of Tennessee. This effort is focused to establish protocols between dentistry and medicine for optimal treatment outcomes. We encourage you to expand your knowledge by taking one of the courses and connecting with our team of experts.



Sleep--Related Breathing Disorders and Craniofacial Pain For Adults and Children -- Mini Residency Course
University of Tennessee College of Dentistry - Memphis, TN

Sleep--Related Breathing Disorders and Craniofacial Pain For Adults and Children -- Mini Residency

T&S Therapy Centre International, a leader in the field of continued education, training and resources for the dental profession provides an integrated approach to care. These courses include in-depth diagnosis, the latest treatment technologies, patient management systems, integrated software and training for all levels of a dentist's practice. All education is directed by Dr. Steven R. Olmos He is currently directing research in these fields through data collection at 36 TMJ & Sleep Therapy Centers spanning 6 countries, including the Craniofacial Pain Center at the University of Tennessee. This effort is focused to establish protocols between dentistry and medicine for optimal treatment outcomes. We encourage you to expand your knowledge by taking one of the courses and connecting with our team of experts.



CERTIFICATE OF ATTENDANCE FROM THE UNIVERSITY OF
TENNESSEE 48 HOURS LECTURE & PARTICIPATION
CONTINUING EDUCATION

Session 1 | April 22-23, 2016
University of Tennessee Health Sciences
Centre College of Dentistry
Memphis, TN

- * Screening for OSA in Your Practice
- * How to Find CR
- * Imaging: CBCT, Plain Film, X-rays, MRI
- * Motor Nerve Reflex Evaluation
- * Electrodiagnosis: JVA, JawTracking, EMG
- * Airway & TMJ Neuroanatomy

Session 2 | May 20-21, 2016
University of Tennessee Health Sciences
Centre College of Dentistry
Memphis, TN

- * Sleep Disorders
- * Triage of Sleep Appliance Therapy
- * Headaches
- * Recapturing Discs
- * Orthotic Design & Indications
- * Principles of Pharmacology

Session 3 | June 24-25, 2016
University of Tennessee Health Sciences
Centre College of Dentistry
Memphis, TN

- * Sleep Disorders that Cause TMJ Pain
- * Stabilization for Crown & Bridge/Ortho
- * Nutrition for the TMD Patient
- * Continuous Neuropathic Disorders
- * Physical Medicine Modalities
- * Musculoskeletal Pain

SLEEP-RELATED BREATHING DISORDERS & CRANIOFA- CIAL PAIN

For Adults & Children - A System for Dx and
Tx Mini-Residency

System

Learn a system for screening & triage of structural injuries, OSA and systemic inflammatory conditions.

Treatment

Understand the proper steps and protocols for patient treatment to achieve reproducible results.

Resources

All forms & documentation (patient intake, clinical exam, tracking, billing) are supplied to successfully treat patients.

Register Today!

www.tmjtherapycentre.com

Or speak directly with our Education Coordinator
877.865.4325 / 619.462.0676