



TMJ & Sleep Therapy Centre of San Diego
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La Mesa, CA 91942
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TMJ & Sleep Therapy Centre of San Diego
HEALTH CONNECTION

HOURS:

Open
Mon - Thur
9:00am-5:00pm
Friday - By appointment only
Closed for Lunch

Read latest article written by Dr. Olmos

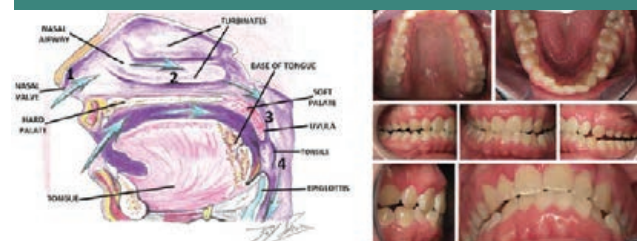


Figure 2: Four points of obstruction



Figure 3

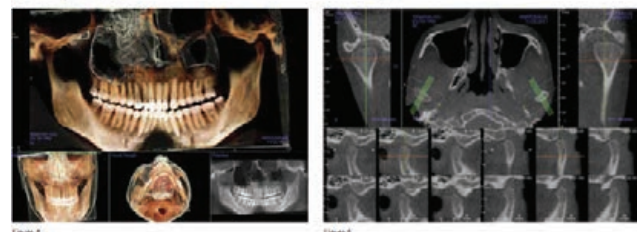


Figure 4

Figure 5

IMPROVING QUALITY OF LIFE AND FACES NONSURGICALLY

Orthodontic Practice US (Volume 8 Number 3) | March 2017
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).

READ THE ORIGINAL ARTICLE ENCLOSED OR VISIT US AT OUR NEW WEBSITE

www.TMJSleepSD.com

WELCOME OUR NEWEST TEAM MEMBER DR. ARIZ



Farshid Ariz, DMD

Dr. Ariz is a 1989 graduate of the Boston University School of Dentistry and in 1991, he received his Certification in Advanced Graduate Studies (CAGS) in Periodontics. He is an Assistant Professor and Clinical instructor for the past 25 years at Department of Advanced Periodontics at Ostrow School of Dentistry of University of Southern California. He has extensive training in Orthopedic Craniofacial Dysfunction and treats patients with Craniofacial pain and TMJ discomfort. He is also treating patients for Obstructive Sleep Apnea, Snoring, day time drowsiness and patients who are CPAP intolerant. **Dr. Ariz is a Diplomate of the American Board of Craniofacial Pain (ABCP) and Diplomate of the American Board of Craniofacial Dental Sleep Medicine (ABCDSM).** Dr. Ariz currently lecturers in academia and presents at educational meetings. He is involved in TMJ & Sleep Therapy Research for non-surgical therapy treatment to improve quality of life. His expertise includes Periodontal therapy, Esthetic Implant Surgery and Cosmetic Periodontal Plastic Surgery.

Diplomate of the American Board of Craniofacial Pain
Diplomate of the American Board of Craniofacial Dental Sleep Medicine

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

Dr. Ariz recognized for his 25 years of teaching at USC



Blue Berry Chia Popsicles



Ingredients

- 1 cup frozen blueberries (fresh or frozen)
- 4 tablespoons Chia seeds
- 1/2 of a large avocado
- 1 banana
- 1 cup almond milk

Instructions

- 1.-Place all the ingredients in the jar of a blender and process until smooth.
- 2.-Place the blended mixture in popsicle molds and freeze until frozen through, 8 hours or overnight.
- 3.-Enjoy!
- 4.-Makes 6-10 popsicles depending on the size of your molds. Fill up the molds you have and enjoy the rest as a smoothie!

Author: Melissa Griffiths
Prep Time: 5 mins
Yield: 6
www.blessthismessplease.com

OUR TEAM

TMJ & SLEEP THERAPY CENTRE OF SAN DIEGO

THE TMJ & SLEEP THERAPY CENTER OF SAN DIEGO IS THE ONLY FACILITY IN SAN DIEGO TO RECEIVE ACCREDITATION FROM THE AMERICAN ACADEMY OF DENTAL SLEEP MEDICINE (AADSM).



Rachel Dial,

Rachel graduated from Pima Medical Institute's dental assisting program in 2001, and has worked in the dental field since 2001. She has been a registered dental assistant since 2001, and a California permitted orthodontic assistant since 2015. Rachel has earned AA degrees in Arts & Humanities from Southwestern College. She has been a key team member at TMJ & Sleep Therapy Centre of San Diego for eight years. Rachel has been a wonderful addition to our team, and is attentive and caring. She has been able to create a comfortable feeling for our patients and finds helping patients of all ages at the office rewarding. In her spare time, Rachel enjoys spending time with her family, reading books of all genres, and watching horror/drama movies.



Jana Pereira

Jana has 5 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.



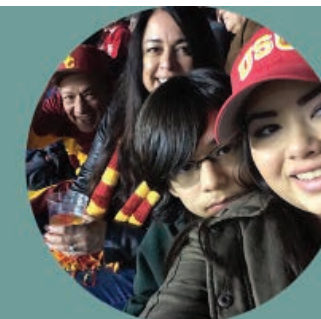
Cora McGullion,

Cora has 10 years of experience in the Medical field that makes her uniquely qualified as our Patient Care Coordinator. With her Medical background she can easily help patients understand how our dental treatment will best assist them to living a happier healthier life. She is passionate about helping patients find their optimum health. Outside of work, she enjoys beach days, music, camping and living an active and healthy lifestyle.



Steven Olmos, DDS

DABCP, DABCDISM, DABDSM, DAAPM, FAAOP, FAACP, FICCMO, FADI, FIAO



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 checking 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!



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, there is always a game to be watched. He is hoping this will be the year for one of his beloved teams.



HAVING FUN AT THE FAIR



Rachel Dial, Susan Olmos, Dr. Steven Olmos, Colette Settle, Jana Pereira, Cora McGullion and James Albrecht

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