



Tooth Talk

Volume 2, Number 2 June 2008

Ask the Doc What can I do for Sleep Apnea?

Obstructive Sleep Apnea (OSA) affects approximately 24% of men and 9% of women between the ages of 30 and 60 years. Sleep Apnea is characterized by either the complete cessation (apnea) or a reduction (hypopnea) of oronasal airflow. Symptoms and consequences include excessive daytime sleepiness, **loud snoring**, hypertension, increased risk of motor vehicle accidents, and increased chance of mood disorders (depression, irritability anxiety). Factors that contribute to OSA are obesity, small airways, and skeletal factors (small lower jaws). Treatments include weight-loss, avoidance of alcohol use before sleep, change in sleeping position, continuous positive airway pressure (CPAP), surgical treatments (UPPP, orthodontic surgery) and oral appliances. I support the use of reversible treatment modalities to treat sleep apnea. More invasive treatment can be preformed if patient does not respond to initial therapy. I have been working with ENTs and sleep clinics for 5 years using oral appliances and getting amazing feedback! Even if you own a CPAP already, the oral appliance is great for travel and your significant other.



Glenn Glass DMD, MS

iBraces

invisible braces that make you smile

Introducing Revolutionary New Technology for Beautiful Smiles!

The iBraces™ Appliance System is the new generation of orthodontic braces for teens and adults. They are the only 100% customized fixed appliance system for invisible orthodontic treatment. The appliances are placed behind your teeth so no one will know that you are wearing braces unless you tell them. These unique braces are created using state-of-the-art robotics technology, advanced CAD/CAM software, and sophisticated new materials. They are 100% customized to the shape of your teeth and to your dental situation to ensure you get the results that you want. Unlike aligners there are no restrictions on the types of cases that can be treated with the iBraces system and almost anyone can wear them.

Customized For Excellent Results

iBraces can deliver more predictable results when compared to aligners (Invisalign®) by allowing Dr. Glass to make individual detailing bends at the finishing stage of treatment. That means that you will get the best results possible in the shortest amount of time. Unlike other methods of aesthetic treatment, iBraces are flexible enough to be used on most patients.

Additional Benefits:

Minimal speech interference and tongue irritation

Require few wire adjustments. This means less discomfort throughout treatment and fewer visits to the orthodontist

Deliver high quality results in the most efficient way possible.

Please email or visit our office for a complete introduction to the iBraces system. Dr. Glass will be able to answer all your questions regarding this appliance.



OPENING IN JULY!

**To better serve our patients and the community
we are opening an office in Foley!
12342 Foley Beach Express.**



Contests

- Wear one of Dr. Glass' T-shirts to your appointment and enter in a monthly drawing for \$50.
- May/June - Enter to win Father's Day Home Depot gift card.
- June/September - Summer Snap Shot Contest. Bring in you best picture from summer vacation. Dr. G and staff will vote for their favorite! Winner will receive a gift card!

New summer shirt!



Visit our website,
www.glassortho.com.

We've gone Wi-Fi! Feel free to bring in your computers to work, surf the net, or just play.

Camellia Cafe

Chef Ryan Glass
(he's Dr. G's brother)
Tue- Fri for lunch.
Tue-Sat for dinner.
Now open for
Sunday Brunch !!



Soda Smart

If you haven't read the pamphlet our office created, you are missing out on some good information that could help protect your smile and the health of your family's smiles as well. We have received very positive feedback from the school system and the community in our attempt to make them **Soda Smart**. Go to Baldwin County Board of Education's web site (BCBE.org) to see our office in action.



Houston R. Glass was born February 29, 2008, weighing in at 7 lbs. and measuring 22 inches long. He's growing like a weed! The family is doing great!



Farewell Renee

After an epic struggle to keep her, I am finally consenting Renee permission to move with her family to Mandeville, La. Renee has been a wonderful team member whose ready laugh and upbeat caring personality will resonate throughout the office for as long as I am here. She will continue to make her mark in the orthodontic profession as a treatment coordinator in Louisiana. We will be counting the days until she comes to visit. BEST OF LUCK NAY NAY! WE LOVE YOU!

Dr. G and the team

Meet the Team

Welcome our new
team members

Diane

Amberley

Jan

Jessica

Kathleen

Anne



Melanie

Karen