

YOUR DENTIST CAN SAVE YOUR LIFE

Sleep is vital to your health — part 2

As we discussed in our last feature, to fight off infections, including coronavirus, our bodies need adequate sleep. When you are unable to get enough quality sleep you are more likely to get sick.

Lack of sleep also increases your risk of obesity, diabetes, and heart disease. These are underlying health conditions that are dire indeed should you contract coronavirus.

There is more. Persons with breathing problems during sleep, i.e. sleep apnea and Chronic Obstructive Pulmonary Disease (COPD), can have low blood-oxygen levels. Normal is 94%-98%. Not breathing while you sleep for as little as 30 seconds can cause your oxygen level to drop to 80% — or less! Because sleep — like diet and exercise — is essential for staying healthy, I have incorporated sleep solutions into our dental practice. We offer proven solutions that can help those suffering with sleep issues

including Sleep Apnea. This is one of the most common sleep disorders in adults 50 years of age and older, although anyone at any age can suffer from it. It occurs when muscles relax during sleep allowing the soft tissue to collapse and block the airway causing you to stop breathing — up to hundreds of times a night.



Dr. Gabrielle F. Cannick

In addition, our practice has a special focus on oral appliance therapy — an effective, non-invasive treatment option for snoring and sleep apnea that fits easily into your lifestyle. A dental oral appliance is a custom-fitted oral appliance using impressions and models of your teeth. It looks

like a sports mouth guard and is worn only during sleep. It supports the jaw in a forward position to help maintain an open upper airway, preventing sleep apnea and snoring.

The really good news is our sleep patients tend to like these custom designed and advanced oral appliances. They are comfortable, easy to wear, quiet, portable, convenient for travel and easy to clean. I am thrilled to say oral appliance therapy can help you feel like a new person! If you think you have sleep issues, I invite you to log on to our web site at sleepwellanderson.com and take a short quiz to help you determine if you are at risk. While there you can also request a free “sleep consultation.” Together we can identify and evaluate your issues and discuss your best options. In addition, if having a sleep study done in a “Sleep Lab” is not medically necessary, we offer a unique no-cost At-Home Sleep Test. Our practice adheres to practice protocols consistent with the highest levels of patient care following guidelines outlined by the American Academy of Sleep Medicine’s (AASM); we work closely with primary care physicians who recognize the importance of diagnosing and treating this ill-

ness. Your health matters. If you have questions, please feel free to contact us — and of course your primary care providers and other medical specialists involved in your care. We are here to help you and your family. Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to grandoaksdental.com or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

They call her ‘Fancy Nancy’

“Bonjour!” “Ohhhh la la!” “Au revior!”...these are just a few of Nancy Clancy’s favorite French words. Nancy Clancy is a character in the infamous “Fancy Nancy” book series. As you read her books, you will see that she is a funny, outgoing, and friendly young lady who loves nothing more than to make herself and everyone, and every-



Katie Laughridge

thing around her, fancy! Nancy, Bree, her little sister, Jojo, and her poodle, Frenchy, enjoy going on adventures together and seeing what kind of mischief they can get themselves into!

In “Fancy Nancy: The Wedding of the Century,” no one is more excited than Nancy when word of her uncle’s wedding plans spreads

around town. Nancy has visions of a très magnifique wedding fit for a royal princess- with Nancy, of course, serving as a flower girl. But when Nancy finds out that the wedding will be held at a lakeside cabin at dawn, and that there won’t be a traditional flower girl, she’s beyond disappointed. In the end, Nancy finds a way to add a touch of “fancy” to the festivities and appreciate the special joys of loved ones gathering to celebrate a wedding- especially when she learns that pancakes will be served at the reception!

In “Fancy Nancy: Mermaid Ballet,” Fancy Nancy is more than ready for the spotlight! Fancy Nancy and her best friend, Bree, couldn’t be more excited about their upcoming dance show. After all, it’s all about mermaids, and who knows more about how to be a fancy, glamorous mermaid bet-

ter than Fancy Nancy herself? But when another ballerina wins the coveted role of the mermaid, Nancy is stuck playing a dreary, dull tree. In this story, you’ll find out if Nancy can bring fancy flair to her role, even though it isn’t the one she really wanted.

The “Fancy Nancy” book series has become a family favorite in our home. I enjoy reading these entertaining stories with my girls because they are funny, introduce new “fancy” words to expand their vocabulary, and they teach valuable life lessons they can apply to their own lives. Additionally, Fancy Nancy’s wisdom and creativity shine through to spark the joy of imagination in young readers. And there’s nothing I love more than to see my girls using their imaginations!

From the dazzling New York Times bestselling duo Jane O’Connor and Robin Preiss Glasser, you can’t go wrong by choosing these books to read with your young reader.

Ooh la la! Did you know that Fancy Nancy is starring in her own fabulous TV show on Disney Junior? Check out the books below to see where it all started!

- Fancy Nancy*
- Fancy Nancy and the Posh Puppy*
- Fancy Nancy: Bonjour, Butterfly*
- Fancy Nancy: Splendiferous Christmas*
- Fancy Nancy and the Fabulous Fashion Boutique*
- Fancy Nancy and the Mermaid Ballet*
- Fancy Nancy: Fanciest Doll in the Universe*
- Fancy Nancy and the Wedding of the Century*
- Fancy Nancy 10th Anniversary Edition*
- Fancy Nancy: Saturday Night Sleepover*
- Fancy Nancy: Oodles of Kittens*

“The day you were born, the world had to make room for a little more fancy!” —Fancy Nancy



For a better night's sleep

Snoring and Obstructive Sleep Apnea can be treated safely and effectively with the EMA® oral appliance



EMA® works by opening the bite and gently advancing the mandible (or jaw) with elastic straps to increase airway space.

This custom-made oral appliance is only available through dental professionals.

Ask your dentist if EMA is right for you.

\$500 off of a custom Sleep Appliance

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