

YOUR DENTIST CAN SAVE YOUR LIFE

Loneliness — An issue now for elderly and young

We all know the past year has been a trial for many of our fellow citizens. In my practice, I have seen more anxiety and even depression than ever before in our patient family. One significant health issue to emerge during this period is what experts are calling the “epidemic of loneliness”. Loneliness can affect people at any age, particularly older individuals. But what is striking is that a high percentage of those aged 18-25 are suffering from the debilitating effects of loneliness.

Recent research at Harvard University found that rates of loneliness for the elderly, although high, are not as high as those for young people. The Centers for Disease Control data confirm that 63 percent of young people report experiencing significant symptoms of anxiety and depression. And it appears to be spreading. Many young people who reported serious loneliness also said they felt as if no one “genuinely cared” about them.

We all know such feelings can lead to a

downward spiral resulting in health issues. Those who feel lonely or isolated are at risk for developing coronary artery disease, stroke, high blood pressure, a decline in thinking skills, an inability to perform daily living tasks, and early death. But it does not have to be this way. If you find yourself struggling with loneliness – and depression – experts recommend these



Dr. Gabrielle F. Cannick

basic steps:

- Reach out to others – particularly family members who are far away.
- Relationships need to be reciprocal. Work at sharing your thoughts and experiences with others.
- Express appreciation to friends, family, and even strangers. Be ready with a smile. If you are struggling with loneliness the very

act of helping someone else with the same issue can be healing.

• Stay busy. Tackle something new. And try to maintain a daily routine. Be sure to include physical activity.

But, what about those among us who we know are living alone and perhaps isolated? This has certainly been the case for many during the past year. Here’s where we can all play our part. The most effective way to reduce loneliness is to help others feel connected to their community. Note: for young adults the “community” may not be geographic but online. What’s important is sharing common interests and developing connections. Why not make a commitment to reach out even once a week to someone you are concerned about. Think of what a difference you can make by giving just a little of yourself and your time!

September 3rd marks our 8th anniversary in practice. We are so thankful. And we remain committed to serving our community providing the best care possible. If you

have questions, or would just like to engage with us, feel free to call. We are your hometown resource for support and guidance.

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 visit grandoaksdental.com or [facebook.com/GrandOaksDental](https://www.facebook.com/GrandOaksDental).



Get gorgeous with North America's #1 choice.

Call now for your free consultation at home!

We're your local, neighborhood experts. And we're also backed by North America's #1 provider of custom window coverings. We do it all for you, measure and install – because we think that everyone, at every budget, deserves style, service, and the best warranty in the business.

BUDGET[®] BLINDS

Style and service for every budget.™

Blinds • Shutters • Shades • Drapes • Home Automation

25% OFF

On Selected Window Coverings*

Offer expires October 31, 2021

864-332-0612

BudgetBlinds.com/Anderson

*Applies to selected window treatments and Enlightened Style products from Budget Blinds. Restrictions may apply, ask for details. Minimum purchase required. Valid for a limited time, not valid with any other offers, discounts, or coupons. Offer good at initial time of estimate only. At participating franchises only. ©2019 Budget Blinds, LLC. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, LLC and a Home Franchise Concepts Brand. Each franchise independently owned and operated.



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

Gabrielle F. Cannick, DMD, PhD
Grand Oaks Dental, LLC

3905 Liberty Highway, Anderson, SC, 29621
Call 864-224-0809 or visit www.grandoaksdental.com