



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

## SLEEP APNEA SYMPTOMS FOR CHILDREN

Sleep disorders in children are conditions that prevent them from getting the oxygen needed while they sleep, creating a form of suffocation. Obstructive sleep apnea in children is being increasingly recognized as a cause of attention and behavior problems as well as learning and developmental problems.

### Symptoms include:

- Snoring
- Mouth breathing
- Restlessness during sleep
- Sleeping in odd positions
- Periods of not breathing
- Teeth grinding
- Night terrors
- Mood changes
- Poor concentration
- Bed wetting
- Headaches
- Frequent infections

Children with undiagnosed OSA are frequently misdiagnosed as having **ADHD** and placed on unnecessary medications.



## TMJ & Sleep Therapy Centre of San Diego

### Sleep breathing disorders in children may go undiagnosed

Sleep breathing disorders in children, particularly pediatric obstructive sleep apnea (OSA), often goes undiagnosed. OSA can occur in children at all ages, including infants. However, children may instead be treated for ADHD, since hyperactivity can actually be a symptom of OSA. Untreated OSA can lead to more severe health problems, including diabetes, cardiovascular disease and hypertension.

In most cases, OSA is caused by a poorly positioned jaw or tongue that leads to a blocked airway. Sleep apnea, essentially, is the absence of breathing when asleep. The blocked airway causes slow suffocation, and the sleeper is briefly but abruptly woken up throughout the night in order to open the airway and breathe. Bruxism, or teeth grinding, is also a symptom of sleep apnea—it's an unconscious movement to open the airway while sleeping. Children who suffer from this interrupted and poor sleep suffer from excessive sleepiness during the day, hyperactivity or irritability, migraines and even depression or cognitive impairments.

Luckily, pediatric OSA can be cured because in children, it's possible to manipulate the development of their airways so they aren't blocked or obstructed as they grow up. The American Academy of Pediatrics recommends all children get screened for snoring, and those who do snore should undergo further evaluation to test for OSA and other sleep disorders. Dentists are often able to provide a preliminary screening for OSA and can refer patients to a sleep specialist for further screening and treatment.

### Signs to Watch

Look for the following common OSA symptoms in your child:

- Snoring
- Restlessness during sleep (are the sheets strewn all over the bed when the child wakes up?)
- Gasping or choking when waking up
- Difficulty waking up
- Trouble concentrating, easily agitated
- Nightmares or night terrors
- Teeth grinding (bruxism)
- Frequent headaches
- Dark circles under eyes
- Excessive daytime sleepiness

Talk about these symptoms with your child's pediatrician and ask to be referred to a sleep specialist. You can also use the "BEARS" sleep screening algorithm, which is a series of questions available on the TMJ & Sleep Therapy Centre website: <http://tmjtherapycentre.com>

The BEARS screening tool provides information to help doctors assess whether a child likely has a sleep disorder.

### Treatment

Adult therapies for OSA, including CPAP machines or oral appliances, are not appropriate for children. Pediatric OSA is usually treated with dynamic orthopedic therapies, with the goal of increasing airway volume and encouraging or correcting skeletal development. If it is diagnosed early, pediatric OSA can be completely cured in as little as three months; however, the time needed for treatment varies with each child.

When a child is diagnosed with OSA, the entire airway should be evaluated to determine where it is obstructed. There are four possible points of obstruction, as shown on Figure 1.

Depending on the location and severity of the obstruction, treatment may include expanding the upper or lower jaw or correcting their alignment, tongue and lip exercises and lifestyle changes.

TMJ & Sleep Therapy Centre of San Diego, located in La Mesa, provides non-invasive treatment for patients with sleep apnea and TMJ disorders. For more information, visit [www.tmjtherapycentre.com/sandiego](http://www.tmjtherapycentre.com/sandiego).

TMJ & Sleep Therapy Centre of San Diego

619.466.2774

[www.TMJTHERAPYCENTRE.COM](http://www.TMJTHERAPYCENTRE.COM)

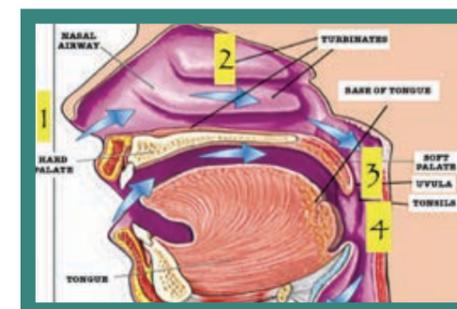


Figure 1

BREATHE  
SLEEP  
HEAL  
LIVE

You can find this article in the San Diego Union-Tribune website at <http://www.sandiegouniontribune.com/sponsored/2016/jul/08/tmj-sleep-therapy-sleep-breathing-disorders/>

# Dr. Olmos placing our region on the international map

T & S Sleep Therapy Centre International founder Dr. Steven Olmos honored as President of the American Academy of Craniofacial Pain. Esteemed doctor celebrated for life long work in treatment and education.

## WE GET AROUND!

Dr. Steven R. Olmos, an internationally recognized lecturer, researcher, and the founder and CEO of T & S Therapy Centre International is always passionate and eager to share his knowledge.



Dr. Olmos gave a course of SLEEP-RELATED BREATHING DISORDERS & CRANIOFACIAL PAIN in June 10-12, 2016 at McTimoney College in Oxford, England



"I can help far more patients if I share and teach other professionals what I have learned and tested ..."

– Dr. Steven Olmos, T & S Therapy Centre International Founder & CEO

40 Centres in 6 Countries!

Dr. Olmos giving a lecture about Pediatric OSA at the University of Tennessee Health Sciences Centre College of Dentistry Memphis, TN



Featured Presentations by the Leaders!  
Dr. Steven Olmos, Dr. German Ramirez, Dr. Judith Owens, Dr. Ed Lipskis, Dr. Robert Schoumacher, Dr. Mark Corkins, Dr. Alison Hazelbaker

## TESTIMONIALS

"Dr. Olmos was walking on air...completely elevated by the energy in the room; the intellectual exchanges and interest levels from physicians; and the responses from us attendees. It was almost magical. Dr. O brought his A-Game. Really well done, and openly received by all. Exceptional sleep and breathing must-know information; a one-of-a-kind pediatric sleep seminar for sure."

Duane Grummons DDS, MSD  
Board Certified Orthodontist



"I had the distinct pleasure recently of speaking at and attending this course in Memphis, and highly recommend it for health care providers, including dentists, orthodontists, otolaryngologists, primary care providers and sleep specialists caring for children with sleep apnea. It is rare to have the opportunity to participate in a truly inter-disciplinary event and one which is so clearly committed to improving the quality of care for these patients. No matter what discipline you are coming from, this course will expand your knowledge base and change the way you practice."

Judith Owens MD MPH  
Director of Sleep Medicine  
Boston Children's Hospital



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## San Diego, CA, August 3, 2016: AACP inducts Dr. Steven Olmos on July 29th, 2016 in Austin, Texas during annual conference.

"I am humbled and thrilled with this honor from my colleagues in the field. The advances we continue to make and the people we are able to help live pain free continues to inspire me. I can help more patients if I share and teach other professionals what I have learned and tested".

During his lecture Dr. Olmos shared new information from his recently published article in the June 2016 issue of The American Journal of Dentistry which details headache and jaw locking comorbidity with daytime sleepiness. Descriptive statistics and regression analysis were performed to determine craniofacial pain symptoms and daytime sleepiness.

The TMJ & Sleep Therapy Centre of San Diego has been serving San Diego and the surrounding counties for over 15 years. Since opening in 2000, the TMJ & Sleep Therapy Centre of San Diego has become the home base for 40 internationally located Centres, in the US, Canada, New Zealand, Australia, United Kingdom and United Arab Emirates which are all dedicated to the treatments of Sleep-Related Breathing Disorders & Craniofacial Pain.

Recognition and accolades continue to grow for these "Centres of Excellence", the most recent being Dr. Edmund Lipskis founder of TMJ Sleep Centre of Chicago being awarded the Haaden-Stack Award by the AACP which celebrates the region's best doctors and treatment practices.

"Our main priority is the comfort and ability to help patients attain the optimal level of health and appearance to which they aspire. We love what we do and are proud of our practice".

Dr. Lipskis and his staff treat each patient as an individual and take pride in their success rate.

Dr. Steven Olmos has been in private practice for over 30 years with the last 25 years devoted to research and treatment of Craniofacial Pain, TMD, and Sleep Disordered Breathing. He obtained his DDS from USC (University of Southern California) School of Dentistry and has continued his education with over 4,000 hours dedicated to research and treatment in the field of mandibular orthopedic dysfunction and sleep disordered breathing. Dr. Olmos is board certified in both craniofacial pain and dental sleep medicine. He is the founder of TMJ & Sleep Therapy Centres International with 40 licensed Centres spanning 6 countries dedicated exclusively to the treatment of these disorders. Dr. Olmos is an adjunct professor at the University of Tennessee School of Dentistry and has been honored for his contributions to dentistry with Fellowship in the Academy of Dentistry International and the 2008 AACP Haden-Stack Award for his contributions to education in the field of TMD and Craniofacial Pain.

Dr. Lipskis is a Diplomate of the American Board of Craniofacial Pain. He is also a fellow in the International Association of Orthodontics. Dr. Lipskis has lectured internationally on the Phase Two treatment (via orthodontics) of chronic pain individuals. Ed and Lynn host a course on Phase Two Treatment for TMD patients in their office on an annual basis. He is well versed in all phases of orthodontics, including Damon passive ligation, Invisalign, and myofunctional orthodontics. Dr. Lipskis believes that orthodontics is an opportunity to take advantage of an individual's growth potential to maximize the esthetic outcome. He not only straightens teeth, he works to create beautiful, functional faces. As co-founder of St. Charles Family Dentistry Ltd. and the TMJ and Sleep Therapy Centre of Chicago, Dr. Ed has extensive knowledge in all phases of dentistry. He enjoys helping people to realize their goal of a beautiful healthy smile.

The American Academy of Craniofacial Pain is committed to the relief of craniofacial pain, temporomandibular disorders and dental sleep related disorders and supporting the advancement of education, research and dissemination of knowledge and skills in these areas.

[www.tmjtherapycentre.com](http://www.tmjtherapycentre.com)