

# Health & Fitness

## Heading Toward Health

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So what is some good advice on how to take care of you or your loved one's heart?

Research now proves that grandma's advice on the four basics of life comes down to understanding the benefits of **1)** a good diet, **2)** of exercise, and **3)** of not holding stress in our minds for long periods of time, and **4)** something of less attention until lately... sleep.

Until more recently, most people, including medical doctors, didn't realize that sleep is just as important as good moderation of the other three.

Sleep Apnea is now being taught in medical schools as a cause of many medical dysfunctions, diseases and maladies, up to and including death. The good news is that now medicine has advice on how sleep apnea can be easily controlled.

If you snore, are tired upon awakening from sleep, have medical problems because of disrupted sleep, it's not something to ignore. Sleep apnea is now recognized as being related to Type 2 diabetes, fibromyalgia, high blood pressure, ADD, heart attacks, automobile accidents, poor performance in employment, sex, sports, school, and even causing death if untreated.

The good news that can keep you holding hands on many Valentine Days to come is that sleep apnea is controllable.

For those people with apnea that don't want to wear a mask while sleeping or who do not want to undergo throat surgery, there are many patented and FDA approved mouthpieces that can be custom diagnosed and fitted to allow you to breathe properly when you sleep.

**For more information on the diagnosis, causes, and treatments of sleep apnea visit the website [www.michiganheadandneck.com](http://www.michiganheadandneck.com) or call 586-573-0438.**