

Dear Friends:

*Summertime is right around the corner. The weather is warming up and the kids are excited to be out of school. In addition to planning your camping trips, river trips, beach days, and water park days don't forget to take the summer time to catch up on your health. This is a great time of year to round up the entire family for check ups and dental work. We'll be glad to accommodate family appointments. When you are calling to schedule an appointment let us know you want to bring in the entire family and we'll find a spot for you. Our patients and families seem to love the idea of getting the whole family's appointments out of the way in one shot. So we want to let you know that we are able to accommodate family appointments.*

***"Family appointments are great they allow me to only take a half day off of work to get everybody in. It's nice to get one thing scratched off my to do list"***

***Michelle A.***

***NVD Patient and mom of 4***

*Thank you all for participating in the Ipod raffle. Continue on in the newsletter to find out who won!!*

Dr. J.E. Martinez  
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**NORCO VALLEY DENTAL**

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## **NVD NEWSLETTER**

### **Summer 2010**

**[www.NORCOVALLEYDENTAL.com](http://www.NORCOVALLEYDENTAL.com)**

# **951-817-1166**

# Doctor's Word

## Ask Dr. Martinez

Hey doc,  
I have seen a few ads about "seeing your dentist" if you have a snoring problem. What is that all about?

Gary L. in Corona

Dear Gary-

It is true, a dentist can help you with chronic snoring. Snoring is caused by vibrations in the soft palate and the uvula. These things vibrate when your airway is obstructed. The airway gets obstructed by the relaxing of the



lower jaw when you are asleep. Chronic snoring can lead to poor sleeping habits and has been linked to sleep apnea, which is a serious condition that may increase the risk of heart attack and stroke.

A dentist can help you with chronic snoring by providing you with a custom fabricated dental device that you wear at night. This device keeps the lower jaw in a forward position. With your jaw in the forward position, the three dimensional space of your airway is increased. That leads to the reduction of air velocity and the reduction of the vibrations that cause snoring. The Silent Nite Device is made of thermoformed plastic that is fitted around a model of your mouth to provide a very comfortable fit. Silent Nite devices do not interfere with breathing through the mouth, unlike the over the counter devices that are available at local stores.

So there you have it. If you are having trouble sleeping at night, or the person next to you is having trouble sleeping.. Come into the office and find out more about the Silent Nite Snoring Prevention Device. (see below) It is a simple fix to a potential very serious health issue.

J.E. Martinez DDS



## IPOD WINNER

Winner winner!!! Congratulation to Pamela P. From Corona she is the lucky winner of our IPOD raffle. Thank you all for participating.

**"Dr. Martinez is the best Dentist I have ever been to"**



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