

# Our Team is Springing into March with Some Fresh CE

March is already under way, and so is the excitement of the team at Oshins of Smiles. So many new continuing education opportunities are coming our way. Dr. Oshins and his team are always building upon the knowledge they already have in the field of dentistry and dental sleep medicine. We do this to better ourselves for the quality of care for our patients. We continue to learn and grow as a team, so that we can educate our patients fully and properly. We gather enough data, so we can understand the issues that patients are having, and so we may treat the cause without hesitation. We only relay information from what we have learned and by staying current with continuing education courses and lectures. We are not stuck in the old ways of dentistry.

So, what types of continuing education courses are we gearing up for? In March, Dr. Oshins and his team will be attending a two-day conference on "An Interdisciplinary Approach to Understanding and Implementing Sleep Disordered Breathing Protocols", in Rochester, NY. We have been gathering a lot of research for the past 2 years in this very necessary field of dental sleep medicine. This is one way we stay current. Dr. Oshins, as many of you already know, did his residency at the University of North Carolina, in Dental Sleep Medicine. Snoring is not a joke in our book. It is a very serious condition that 9 times out of 10, gets overlooked as, "Oh, he or she just snores." "No big deal." Well, it is a big deal. As a Dental Wellness Practice, Dr. Oshins and his team will evaluate you. Not only your teeth and gums but rule out a sleep breathing disorder. When you have your initial exam as a new patient, Dr. Oshins will check your airway, look for any clinical signs, and ask you some questions relating to the sleep questionnaire you filled out online. He will do this exam on adults and children. Many patients will say, "I have never had an initial exam at the dentist like this." "Thank You." We take pride in what we do, and Dr. Oshins' passion emanates on his team, as to how he wants his patients to be treated, as well as getting them healthy.

In addition, in May, Dr. Oshins and his team will be going to Dearborn, Michigan, to the Wellness Dentistry Network Member Rally. Here we will be continuing our education on perio disinfection, airway, microbiome and functional medicine, heart disease as well as nutrition and diabetes. We as a team will be learning about the new data on what elements play a key role in oral and systemic disease, and the effectiveness of products and procedures. All of the health consequences relating to a compromised airway. How certain foods you eat can have an effect on your gut microbiome. Understanding that it is necessary for dentists and physicians to collaborate with one another for you, the patient, especially with the data that shows a correlation between a sleep breathing disorder and heart disease.

All in all, at Oshins of Smiles, we are continually educating ourselves for you, so that we can educate you, by giving you top notch quality care, which will aid in your long and healthy life. Do not hesitate to call us if you or someone you know snores, and they would like to be evaluated.

For the month of March, Dr. Oshins will be doing Complimentary Sleep Breathing evaluations. Please call 518-356-5635 to schedule your evaluation.

With Oshins of Smiles, **Dr. Steven Oshins and the Oshins of Smiles Team**



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