

The Airway Centric Solution - The Hidden Path to Wellness

This is part 3 of our five-part series

Guiderland, NY Our modern lifestyle has caused an epidemic of Airway-centered disorders that have had disastrous effects on our national health including increasing prevalence of childhood obesity and ADHD (attention deficit hyperactivity disorder) where children are medicated for emotions, concentration or behavior. The ability to breathe properly and deeply is vitally connected to deep and restorative sleep. Breathing properly during sleep is intimately tied to maintaining healthy brain chemistry in children (as well as adults).

Airway Centric is a new approach to health based on prioritizing our ability to breathe well, especially during sleep. It is a system aimed at recognizing and correcting Airway Centered Disorders. The first step is observation because 27% of our children have some form of abnormal breathing and abnormal facial anatomy and this largely remains unrecognizable by both parents and healthcare providers. It starts with parents observing their children while they sleep from birth onwards, emphasizing prevention and treatment. This solution includes physicians and healthcare providers, therefore allowing dentists to become part of a collaboration team of caregivers. The goal with this approach is to show the big picture of health at all ages and stages of life, with open airways standing as the central basis of all health and well-being. Airway impairment needs to be recognized by all specialties examining the patient: the obstetrician will deliver a premature infant; the lactation counselor could observe poor breast feeding or a tight tongue attachment; the pediatrician checks for ear infections, allergies and developmental problems; the pediatric ENT might evaluate enlarged tonsils and adenoids or place tubes in ears; the pediatric dentist might note that a child has an open-lipped posture and weak muscles around the mouth, jaws and face; or a preschool teacher might see the sleepy yet hyperactive child. All of these conditions indicate potential presence or development of an airway-centered disorder.

The earlier we recognize an airway problem and the earlier we implement intervention, the greater the mental and physical health benefits to the child for the rest of his or her life. Our goal is to help you treat yourself and your family to start reversing the tide. Your health, your performance and your life depend on your ability to breathe well. Better breathing equals healthier lives!

Call today for an appointment to have your children evaluated.

Wish Oshins of Smiles,

Dr. Steven Oshins



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