



Waunakee Rotary Club

March 20, 2008
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Paul Insolera, DDS, of the TMJ and Sleep Center in Middleton, is helping people to sleep better and improve their health.

At the March 13 Rotary meeting, Paul told the club that problems with the TMJ, the temporomandibular joint or jaw joint, can start early on and affect overall health.

Snoring and sleep apnea can result from TMJ problems, and the consequences for persons ages 20-50 can be serious, even causing death in some cases. Difficulties breathing during sleep can lead to type 2 diabetes, gastro esophageal reflux disease, stroke and other maladies, Paul said.

"When you go to sleep at night, is it resting or is it stress?" Paul asked.

When the body has difficulties getting air or stops breathing at intervals, it endures stress, and can result in other ailments.

Many people with sleep apnea undergo testing in a sleep lab and are prescribed a CPAP – a Continuous Positive Airway Pressure device. These come in the form of masks or other devices and deliver air.

But most people have a variety of complaints with CPAPs and few last more than six months sleeping with them, Paul said.

At the TMJ and Sleep Center, a different appliance is available that opens up the airways, Paul said. The FDA-approved appliance is formed to each specific person after measuring the muscles and joints of the jaw.

As people age, several factors play a role in the blockage of airway. Poor posture, weight gain and

drinking or eating later at night can all make breathing more difficult while sleeping.

Paul helps his patients work on their posture and helps to restore the jaw joint, which can recede over time.

"The process involves the full body," Paul said. "CPAP just gives you air."

Some problems with the TMJ joint begin during childhood. Some children with an overbite can begin snoring and some are unable to breathe through their nose, Paul said. No child should snore, he added.

Paul has worked with children to correct overbites and other problems that can lead to sleep apnea, he said.

Paul said he wants to make people aware of the choices they have to alleviate sleep apnea and that the CPAP is not the only solution.

People with sleep apnea often wake up feeling as though they never slept, he said.

Paul said he believes we will begin to see changes in sleep medicines. Home sleep tests will become more common, he said.

In other news:

•Phil Willems reported that Betty should be home from the hospital on Saturday after suffering a stroke in Houston, Texas, while they were on their way to Honduras. She is in a Madison hospital recovering from an adverse reaction to a medication she was given.

•The club members suggested nominees for the business person of the year.

•The Waunakee Neighborhood Connection listed the Rotary as one

OFFICERS

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Calendar of Events:

- April 20, Waunakee Community Awards banquet
- District Conference, April 25-26

its supporters.

Guests: Vincent Schaaf, guest of Ellen Schaaf; Tom Midthun, guest of Bob Pulvermacher; John Felton guest of Tom Reis.

Visiting Rotarians: Iliana Tcherneva, Middleton Rotary.

Birthdays: March 26, Ken Ballweg.

Anniversaries: None.

Prayers: March 20, Susan Vergeront; March 27, Leonard Allen.

Programs: March 20, John Cullen, long-term care planning; March 27, Waunakee-DeForest ice rink; April 3, Club Assembly; April 10, Raissa de Souza, exchange student talk.

Greeters: March 20, Ellen Schaaf, Jim Schmitz; March 27, Steve Schlaver, Gene Smith; April 3,

Make up meetings online

It's easy to make up a meeting on the Internet. The site is www.rotaryclubone.org. Print out the form and give it to Phil Willems, the club secretary.