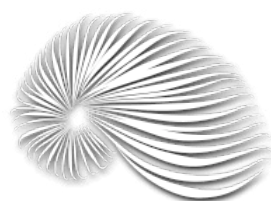




Mark T. Galli, D.D.S.



MARK T. GALLI, DDS
COMPLETE HEALTH DENTISTRY
 WITH EXPERIENCE AND COMPASSION

Dr. Mark T. Galli, D.D.S. has over 23 years of experience providing Complete Health Dentistry for patients in Encinitas, Carlsbad and North County. Dr. Galli graduated from UC San Diego in 1990, UCLA dental school in 1994, and started his private practice in Encinitas in 2001.

Dr. Galli's team utilizes the most advanced technology to make patient visits easier, faster and more convenient. The office is fully digital, from patient charts and X-rays to smile simulations and even digital crown design and fabrication. Dr. Galli and his staff pride themselves in making patients of all ages feel welcome, comfortable and well-served during their visit.

Some of the services they provide include Preventive care, Sleep Apnea screening, Oral DNA salivary testing, CEREC* One Visit Porcelain Crowns, Invisalign, porcelain veneers, whitening, fillings, gum/periodontal treatment, digital custom smile design, sedation dentistry, and more.

To learn more, or to schedule an appointment, visit www.gallidds.com or call (760) 943-1449.



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What's that sound? Snoring or Sleep Apnea?

If you have ever heard someone snoring loudly, you may have thought how amazing it was that they were not waking themselves up. What may follow is the phenomenon known as Sleep Apnea, where one can actually stop breathing following a snoring episode due to a relaxed airway.

This may sound alarmingly quiet compared to the normal, loud snoring which preceded it. So, how do we know if someone has Sleep Apnea if it can be a quiet phenomenon? A home sleep test is recommended to distinguish whether someone actually stops breathing during sleep.

Snoring is caused by the relaxation of the muscles in the throat, which narrows the airway. When inhaling through the narrowed airway, the soft tissues vibrate and produce the sound of snoring.

Sometimes, the airway closes completely, and the result is that no oxygen is being passed to the lungs, and the concentration of oxygen in the bloodstream and brain can be interrupted anywhere from a few seconds to as long as 45 to 60 seconds!

If irregular breathing patterns are combined with periods of time where you stop breathing, you have a very serious disorder known as Obstructive Sleep Apnea.

"The scariest part is that this is no longer loud, but now a silent and potentially harmful phase of sleep," said Dr. Mark T.

Some signs that you may have Obstructive Sleep Apnea include:

- Your partner hears unusual breathing patterns at night, or hears your breathing stop
- Headaches, dry mouth, or sore throat in the morning
- Daytime fatigue or increased night-time urination
- Tooth wear, or a scalloped pattern on the sides of the tongue
- Difficulty concentrating or decrease in productivity

added. "Many of these everyday diseases may be improved after a simple home sleep test and treatment."

The Surgeon General estimates that millions of Americans are not getting enough oxygen at night due to snoring and Obstructive Sleep Apnea.

Many people with Sleep Apnea may not even know that it is affecting them and can actually have hundreds of apneic events every night without even being aware of it.

The good news is, a home sleep test can identify this breathing pattern and Dr. Galli can make an oral sleep appliance to help you breathe much better at night. "This is typically much easier than wearing a CPAP machine, if you are a candidate for oral sleep appliance therapy. It may also be used in conjunction in order to decrease the pressure, noise and the dry air flow of the machine," said Dr. Galli.

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Dr. Mark T. Galli, DDS

Galli, a dentist in Encinitas who has treated Sleep Apnea patients for 7 years. "What most people may not know is that Sleep Apnea at night contributes to daytime sleepiness, car accidents, industrial accidents, and health conditions such as High Blood Pressure, Heart Attack, Stroke, Diabetes, Erectile Dysfunction, Dementia, Depression and even possibly Cancer," Dr. Galli

sleep test is necessary to determine if an oral sleep appliance is right for you." Come see Dr. Galli for a Sleep Apnea screening to ensure you are living a happier, healthier life!

Mark T. Galli, DDS, is located at 477 N. El Camino Real, Suite B207 in Encinitas. Call (760) 943-1449 or visit gallidds.com for a complete list of services and other helpful information.