



Dental Solutions of South Florida Dentist Now a Vivos Integrated Clinical Advisor

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Dental Solutions of South Florida and Tongue Tie South Florida, based in Coral Gables, Florida, has announced that Dr. Leslie Haller, DMD, is now a Vivos Integrated Clinical Advisor. Furthermore, the dental practice is now a Vivo Breathing Wellness Center. Each Vivos Integrated Clinical Advisor is an active practitioner who provides patients breakthrough Breathing Wellness care. Meanwhile, each Vivo Breathing Wellness Center is a part of the Vivos Integrated Network and are guided by a Vivos Integrated Clinical Advisor.

Dr. Leslie Haller explains, "Breathing Wellness is a movement aimed at having optimal health and vitality by focusing on the three foundational elements of breathing, airway, and sleep. The principle is that an open, healthy, and fully functional airway will lead to proper breathing, particularly at night, where it promotes a deep sleep and the rejuvenation of the body that is required for optimum health and wellness."

Healthcare practitioners all over the world are starting to pay careful attention to the impact of healthy

breathing during sleep on the overall health of people. This is because studies have revealed that compromised breathing during sleep, such as obstructive sleep apnea, has been linked to a number of health issues that can be serious and life-threatening.

There are three primary types of sleep apnea: obstructive sleep apnea, which can be mild, moderate, or severe; central sleep apnea; and complex/mixed sleep apnea. Doctors believe that treating apnea will result in a better overall health and vitality. Unfortunately, millions of people suffering from sleep apnea in the U.S. are undiagnosed. Those who suspect that they or their loved one has sleep apnea are advised to consult with a specially-trained dentist like the Vivos dentist, Dr. Haller, or a physician.

The Breathing Wellness movement goes beyond the traditional palliative paradigm used for dental sleep medicine. This is because palliative treatments often result in the need for a lifetime of intervention and treatment. On the other hand, breathing wellness offers opportunities for enhancement and restoration of the airway.

There are a number of symptoms of mild to moderate sleep apnea and sleep disordered breathing. These include chronic snoring, daytime drowsiness, gasping episodes while asleep, persistent headaches, obesity & large neck, hypertension, mood swings, and chronic pain.

There are a number of factors that may contribute to sleep apnea or sleep disordered breathing. These include obesity, narrow or obstructed airway, increase neck circumference, alcohol abuse, nasal obstruction or congestion, drug abuse, and sleep aids or sedatives. There may also be several anatomical factors that can contribute to sleep apnea. These include mandibular retrognathia, macroglossia, tonsillar/adenoidal hypertrophy, enlargement/elongation of the soft palate, and maxillary hypoplasia.

The breathing wellness therapeutics that can be provided by a Vivos Integrated Clinical Advisor, like Dr. Haller, is through the use of effective, safe and non-invasive biomimetic oral appliances that serve to prevent and treat mandibular retrognathia and maxillary hypoplasia. Mandibular retrognathia is commonly known as an overbite, which is the result of an abnormal posterior positioning of the mandible, relative to the soft tissues and facial skeleton. On the other hand, maxillary hypoplasia is an underdevelopment of the bones of the upper jaw, which results into a midfacial retrusion that creates an illusion of the jutting forward of the lower jaw. These are the common underlying conditions resulting in sleep disordered breathing, after excluding metabolic and neurologic cases. Vivos conducts research on therapeutic oral appliances, Class I and Class II medical devices, collateral therapeutic protocols, maxillary & mandibular guides, and advanced nutritional supplements.

Those who are looking for a Coral Gables dentist or want to consult with someone to determine if they have sleep apnea, can check out the Dental Solutions of South Florida and Tongue Tie South Florida website, or contact them on the phone or through email.

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For more information about Dental Solutions of South Florida and Tongue Tie South Florida, contact the company here: Dental Solutions of South Florida and Tongue Tie South Florida Dr. Leslie Haller (305) 447-9199 dentistry@lesliehallerdmd.com 348 Alhambra Cir Coral Gables, FL 33134

Dental Solutions of South Florida and Tongue Tie South Florida

Coral Gables dentist Dr. Leslie Haller of Dental Solutions of South Florida specializes in General dentistry, Tongue Tie Frenectomies & Dental Sleep Medicine (Vivos dentist).

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