

Duration: 1-4 hours

Audience: Dental Hygienists, Dentists, Dental Assistants

Sleeping, Breathing and Thriving the hygienist's new role

Learn how a skinny nose, a tongue that is too big, or crowded lower anteriors can be the cause of poor sleep and breathing. This can lead to an increase in the risk of heart attacks and strokes as well as quality-of-life issues such as anxiety, depression, fatigue, and forgetfulness.

We can help.

Learning Objectives

- Understand the health consequences of a compromised airway
- Learn how to identify risk factors for sleep-disordered breathing
- Understand what we can do to help our patients breathe better



MEET DR MIKE CZUBIAK pronounced "zoo-be-ack"

Dr Mike is a general dentist, author, and podcaster. He graduated from UCLA in 1988 and created a complete health practice in Camarillo, California. He wrote the book Hygiene Superstar to illuminate the connection between oral health and overall health. He loves talking about inflammation reduction, airway, culture, and leadership. He can be heard hosting 3 podcasts- Uncomfortable Dental Conversations, Hygiene Superstar, and the Camarillo Smiles Dental Podcast.

To book Dr Mike for your next event, email mikeczdds@gmail.com