Is It ADHD or Sleep And Breathing Disorders?

Kathie Turner November 28, 2017

Making the right decisions in treating a child with symptoms of ADD/ADHD- now knowing there is a better chance it is a treatable sleep condition?

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Greater New York Dental Meeting, Ortho-Tain/HealthyStart Booth 2412

Javits Center- Nov 26-29th

Getting It Right (GNYDM Booth 2412.) The Outward Symptoms of SDB, Sleep Disordered Breathing and ADD, ADHD are nearly identical and that presents the dilemma of confusion! A mistake here could result in an ineffective treatment when a better FIRST STEP Approach could have changed that child with better health for life, in a comprehensive and more permanent solution with additional aesthetic benefits.

Getting It Wrong. The error to identify Sleep Disordered Breathing and the appropriate treatment is linked to the window of opportunity in the growth phase of early childhood that ends with puberty. Once that passes, there are only the Band-Aids and we are all accustomed to seeing in adults with CPAPS and a measurable diminished health, quality of life and longevity.

Getting It Wrong Again and Compounding That Error With Inappropriate Medications. Missing the correct treatment is tragic in itself, but add to that, giving medications meant for an actual case of ADD/ADHD to a child with a treatable sleep disorder. Children are often prescribed these medications as a standard of care, for these symptoms. What does that do to a child to address their challenges? These medications do not improve performance in academics, make a child better rested and able to function, improve the child’s symptoms in anyway and may lead to depression and the social labels that follow a child through school and thier reputation.

The Better FIRST STEP Approach. How To Get It Right. Understanding and awareness keeps parents more involved in their child’s health and in participating in the direction of treatment. Parents too, can learn to identify the outward symptoms and see how they all relate and impact their child’s health and behavior. A Sleep Questionnaire is part of that first step. It guides the parent in the simple but important observation of their child’s sleep and breathing habits to rank the severity of these outward symptoms and conditions. This insight, shared with their doctor, provides a baseline in the ongoing treatment to note corrections and improvements.

Who Can Help My Child? HealthyStart™ by Ortho-Tain® with 50 years of wearable appliance innovation and research backed with 514 patents. Worn mainly at night while a child sleeps. Simply stated, the appliances reorganize the posture of the oral cavity of the mouth as the child is growing. That is why this window is critical in capturing the growth phase of a young child. The appliance retrains the tongue for nasal breathing to replace the damaging habits related to mouth breathing. This may seem a simplistic goal, but it has profound impact in helping the child nurture change through their physical growth with the FDA Cleared and Health Canada Certified, HealthyStart™ appliances.

Finding The Doctors Who Offer Treatment with the HealthyStart™ System. While dentists, the oral physicians, are the primary care providers with the right education and training, focus, equipment and ongoing simultaneous care, there are multiple resources that can offer guidance and referrals.
The medical professionals that see children and that are asked to address these challenges, range from Pediatric Sleep Medicine Specialists, ENT’s, Orthodontists, Dentists, Pediatricians, Family and General Doctors. There is also a growing awareness among educators, counselors and even speech therapists. These groups work in tandem to provide real change for the child with this new global standard of care that has worked for over 3.5 million children in 43 countries.

WOW- Anything else? Yes! The HealthyStart™ appliances can nurture the alignment of the newly erupting adult teeth for a straight, healthy and beautiful smile. The profile of the face is often improved with the corrected jaw relation and growth. The breathing and airway habits increase oxygen rich REM Sleep to impact the endocrine system and actual physical growth of the child and even skin allergies and skin tone.

WHY is This Happening? Sleep is important. Poor Sleep is a lifelong torment if untreated.

YOUTUBE: A Parent’s Overview To Sleep Disordered Breathing and the HealthyStart™ System.

In the timespan of a TV Sitcom, tune-in and connect the dots between our industrialized child rearing lifestyle and the impact it may be having on 9 out of 10 children with at least one symptom of Sleep Disordered Breathing. Because once you know this, you can never unknown it. And P.S. Don’t WAIT.

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SYMPTOMS

1. Mouth Breathing
2. Snoring
3. ADD/ADHD Like Behaviors
4. TMJ Issues
5. Bed Wetting
6. Academics, Science, Math, Spelling
7. Restless Sleep
8. Arrested Growth
9. Nightmares
10. Chronic Allergies, Eczema, Asthma
11. Crowded, Crooked Teeth
12. Teeth Grinding, Bruxing
13. Tooth Decay Dry Mouth
14. Overbite/Overjet, Malocclusions
15. Dark Under Eye Circles
16. Swollen Adenoids/Tonsils
17. Aggressive Behavior, Irritability, Depression, Anger, Headaches
18. Daytime Sleepiness

HealthyStart™ by Ortho-Tain®

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http://TheHealthyStart.com
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