

YOUR DENTIST CAN SAVE YOUR LIFE

# Healthy lungs ... more important now than ever!

It is not every day we have a serious discussion about breathing. After all, we do it automatically, never giving it much thought...until.

In truth healthy lungs should not be taken for granted. Health professionals report an increase in patients suffering from respiratory issues. Today chronic lower respiratory disease is the third leading cause of death in the US just behind heart disease and cancer. The culprit is COPD, or Chronic obstructive pulmonary disease, a progressive and incurable lung condition that makes it difficult to breathe. It includes emphysema and chronic bronchitis. Smoking is the most common cause. But air pollution also plays a role. Symptoms include persistent cough, shortness of breath, and tightness in the chest.

That said, what if you have healthy lungs?

It is important to realize that our lung function declines after 35, which makes it

harder for some people to breathe as they age. Moreover, environmental factors are challenging us as never before. And now we have the coronavirus which attacks the lungs. Although we may not be able to preserve our youthful lung capacity forever, there are steps we can take to keep our lungs healthy as we age -- and -- even to



**Dr. Gabrielle F. Cannick**

increase their capacity well into our senior years:

1. Obviously, if you smoke...quit. It is hard and no one can tell you it is time to quit except you. But the longer you wait the more you age your lungs.

2. Today there is more danger in the air than cigarette smoke. Many common household cleaners can damage our lungs. Tip:

Choose products labeled "Safer Choice" by the EPA.

3. Outside pollution. It may sound extreme but consider using an air quality app on your cell phone to monitor your area's conditions and avoid outdoor activities on smoky, smoggy days when the pollution index is high.

4. Believe it or not diet can have a huge effect on lung health. One 10-year study on lung function found that even smokers can slow the progression of lung decline just by increasing the apples, bananas, tomatoes, herbal tea, and vitamin C in their diets.

5. It goes without saying the better physical shape the body is in overall, the more effectively the cardiovascular system works. Exercise is the single most important component in preserving your lung health.

In this time, it is doubly important we do everything possible to preserve our lung function -- so we can keep breathing well for years to come. If you have questions,

please call us. We are here to help you and your family. Think of us as your hometown resource for guidance and support.

*Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.*

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to [www.grandoaksdental.com](http://www.grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

## Shine from within

I come from a very theatrical and artsy family.

When I was a young girl I was in every play, dance recital and talent show known



**Kristine March**

to man. My twin sister and I sing, so we were in everything entertainment. My mother is an actress, she also taught theater and dance lessons. My grandmother was a jitterbug dancer, my cousin is a modern dance instructor - so basically, everyone in my family did or still does something in the creative.

I lived in the green room or backstage. I loved to watch actors and dancers put on make-up. I played in my mother's make-up drawer daily so I learned a lot and was self taught just from being around it so much.

My twin sister and I really started wearing make-up in junior high school. We look back at pictures and we wore vamp lipstick and heavy foundation but we were pretty good at it to be so young.

Times have changed since the late nineties, thank the Lord. I now know how to not have such a heavy hand. My every day look especially since it's summer is baby fresh and

glowy. I don't wear it every day, because I like to give my skin a rest. I start with a great moisturizer and a little bio oil around my eyes just to have a dewy look. I then apply a concealer. As of late that's all the foundation product I wear.

I cover my flaws but I think it's best to see the skin. I then apply just a small amount of banana powder where I tend to get oily. I let it set or bake as they say now and I start on my blush and bronzer. I like a peachy shade in the summer. I love to contour a little but not too much.

I am also known for my liquid eyeliner by all of my best girlfriends. They say it's my signature. I like brown. I have brown eyes so black liquid eyeliner can appear harsh unless it's night time. I love a smokey eye but in the warmer months I pop on a good purple eye-shadow.

Lastly is the lip. I love a nude lip. I wear a butter gloss with a semi frosted color on top to make it look sixties glam and there you have it. I occasionally add liner to my waterline if it's not too balmy outside. Otherwise it leaks and just looks runny. Natural is key, y'all.

Most importantly is to glow and shine from within. Try to be happy and love the skin you're in. What's your makeup regimen? Make the sidewalk your runway and kindness always matters.



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