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About the Author



Dr. Meghna Dassani is an internationally educated dentist practicing in Houston, Texas. She re-ceived her initial dental training from the University of Mumbai, India where she graduated in 1996 and she operated a successful practice there for 6 years prior to moving to the US. She is a 2005 graduate of the Boston University (BU) Goldman School of Dental Medicine, where she was actively involved in research projects and she enjoyed working in communities surrounding the dental school.

She has been practicing in Houston, Texas for the last 15 years. She has a passion for providing patients with the highest quality of care that will benefit their overall health. Screening and treatment of obstructive sleep apnea in adults and children is an integral part of her practice. Her vi-sion and goal for herself and her team is to help patients with sleep disordered breathing get the treatment they need to live healthier, happier lives.

Airway is Life

Genre

Nonfiction, Sleep

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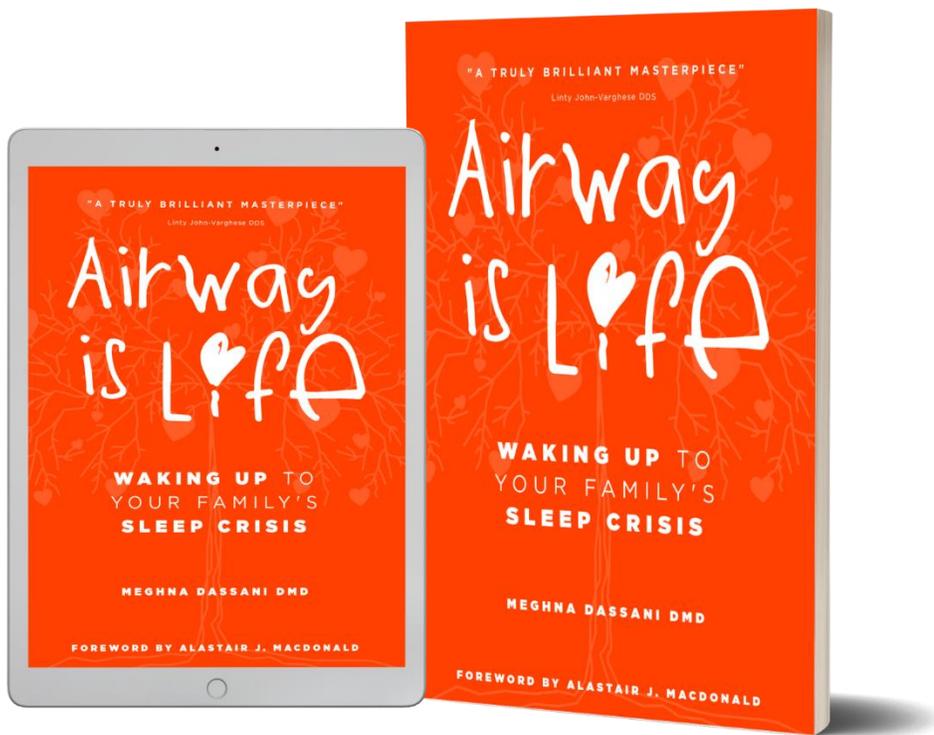
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Who needs sleep? All of us. But America is in the grip of a silent sleep crisis. Unnoticed sleep issues are stealing years of our children's growth and development and setting adults up for midlife health crises. Dr. Meghna Dassani, DMD, has spent years helping her own family and her patients become more aware of sleep and sleep breathing issues.

Now, she's sharing that expertise with families like yours.

There's a stereotype that people with sleep breathing issues tend to be older, overweight, and loud snorers. These people do need to be screened, but the stereotype means sleep breathing issues in young, thin people and kids often get missed, leading to a lifetime of dangerous complications.

Airway is Life has the information every family needs to understand the importance of sleep, to spot the signs of sleep issues, and to convince your medical care team to take sleep issues seriously and get you and your family the treatment you need to be truly healthy.

We, as a country, spend so much each year on drinks and supplements to help us feel more energetic, learn better, get sick less often, and lose weight. These are all fine goals. But until you've tackled sleep and sleep breathing issues in your family, you can't achieve any of them.

If you're looking for a way to help your children learn and grow, you and your partner stay healthy through middle age, and for your parents to enjoy an active retirement, Dr. Dassani can help you get the screenings and treatments you need. *Airway is Life*, and with this book, you can change the lives of the people you care about most – by improving their sleep and breathing.