



NEWSLETTER

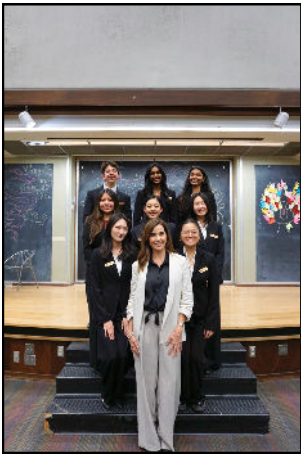
BARTON OAKS DENTAL GROUP

March 2026



Doctor Spotlight: Alok Shiva

Family and friends mean everything to me, and I really value the strong relationships in my life. I love to travel and experience different cultures, usually avoiding tourist spots to find something more authentic. Some of my favorite places I've visited include Thailand, the Philippines, India, Costa Rica, and Italy. I'm also a big-time food connoisseur and love trying new foods wherever I go. Next time you're in the office, ask me if I've had anything interesting lately—I'm always happy to share!



Dr. Nemeth recently had the honor of presenting at the UT PreDental Society.



Let Us Help You Get Ready For Spring

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Mission Trip February 2026

Dr. Neeley and Cindy continue to participate in mission trips to the Dominican Republic, partnering with Makarios and Levanta. Their ongoing commitment to serving others and providing care to communities in need is something we are truly proud of.



Why Your Next Dental Visit Could Be the Key to More Energy

Dentists are often the first line of defense when it comes to identifying sleep issues because we examine the physical signs of your airway during every routine checkup.

Common symptoms like snoring, morning headaches, or dry mouth can be linked to how you breathe while you sleep.

The Hidden Warning Signs

Nearly 90% of sleep apnea cases go undiagnosed. Worn-down teeth, jaw soreness, or teeth grinding may be more than just stress—they can be signs your body is struggling for oxygen during the night.

Physical Clues in Your Mouth

During exams, we look for specific indicators such as a large tongue, crowded teeth, or gum recession. These signs can suggest that the airway may be restricted, which can affect sleep quality and lead to daytime fatigue or difficulty concentrating.

Protecting Your Heart and Brain

Improving airflow while you sleep does more than help you feel rested. Identifying and addressing sleep-related breathing issues can support heart health, brain function, and long-term wellness. Proactive dental care goes far beyond preventing cavities—it can play an important role in protecting your sleep and your energy levels.

If you experience fatigue, snoring, or morning headaches, be sure to mention it at your next cleaning. Screening for airway and sleep concerns is becoming a standard part of modern dental care at Barton Oaks Dental Group.

**REFER YOUR FAMILY,
FRIENDS, AND COWORKERS**

You will receive a credit on your account for each patient you refer.



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