

The not-quite-quarterly
Smile Times

of Tracyton Dental Center
from your friends
Dr. Bruce Robinson
and team

SPRING 2007



Hi! A few months back, in this very spot, a prediction was made that we'd get our share of rain over the winter in spite of El Nino. Well, it wasn't quite right--no monsoons were foreseen! Even the professional forecasters forgot to predict a series of gale-force windstorms, and lots of snow and ice. We did get a winter to remember, didn't we!

We hope all of you survived warm, safe, with your roofs and pipes intact and your cars dent-free. May thanks to those of you who had to bear with us as we rearranged our schedule over and over in honor of Mother Nature's snow, ice, and wind show.



Now... Happy Spring!!



**Greet everyone
as you would your dog.**



The 30-MINUTE RULE
Are you busy sitting all day?

Life requires quite a bit of inactivity. Driving, eating (well, most of the time), paperwork, and computer tasks all have to be done sitting down. Then we might sit and watch TV in our leisure time too. Still, we keep learning that getting as little as 30 minutes of activity a day is all it takes to reduce mortality risk by 14 percent.

According to the RealAge experts, regular exercise can make your "RealAge" as much as 9 years younger. You don't have to train for a triathlon to reduce your risk of life-shortening diseases. Just try to maintain 30 minutes a day of activities that get your heart going. Sweep the patio, have a pillow fight with the kids, walk while you talk on the phone. It all adds up.



AROUND THE OFFICE
We have a new baby!

Our sterilization assistant, Rachelle, had her baby girl in November. Natalia Diane weighed 6 pounds, 8 ounces and was 18.9" long.

While Rachelle was on leave, Shirley came out of retirement to help us—as usual. We are all very grateful to Shirley for her help!!



HMMMM
Funny how that works...

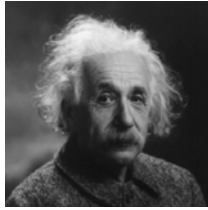
The story goes that Ben Hogan, one of the greatest golfers of all time, was questioned by a reporter after winning a major tournament.

"How is it," the reporter asked, "that under pressure you're able to hit so many miraculous shots?"

After reflecting on the question, Hogan answered: "I guess I'm just lucky." "But Mr. Hogan," the reporter said, "you practice more than any golfer who ever lived."

"Well," Hogan said, "The more I practice, the luckier I get."

*George Leonard & Michael Murphy
in The Life We Are Given*



The important thing is not to stop questioning.
Curiosity has its own reason for existing.
One cannot help but be in awe when one contemplates
the mysteries of eternity, of life,
of the marvelous structure of reality.
It is enough if one tries merely to comprehend
a little of this mystery every day.
Never lose a holy curiosity.

---Albert Einstein



DENTAL STUFF

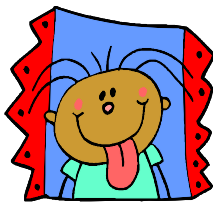
Q: Why does my mouth feel fat when it's numb?

A: The anesthetic itself takes up some space as it bathes the nerves to make them "go to sleep". That makes the area feel a little full. And, when the numb area can't move, it feels strange and heavy to your surrounding tissues that are still "awake".

Q: Why is it important to come in every 6 months? Why not less often?

A: Prevention is the name of the game. In the past, folks went to their dentist only when they were in dire need—usually pain. Often, all that could be done was to remove the offending tooth. The idea still prevails that it's inevitable that you will lose your teeth no matter what you do. We prefer to work for prevention of big dental problems.

One thing we check for every 6 months is cavities, so they can be repaired before they get too deep. Also, adults with periodontal disease need to be seen at 3, 4 or 6-month intervals, depending on the severity of the problem, to maintain the health of their gums.



The Miracle Of It All: How in the world does your tongue know to stay out from between all your hard teeth when you chew—at least most of the time?



ONE SQUARE INCH OF SKIN

Lots going on in there...

Human skin is not only skin deep. In fact, it is among the body's most complex organs. Of its three main layers, only the paper-thin epidermis is normally visible. Beneath the epidermis is the dermis, and below that is the subdermis. In a square inch of skin, you will find: 20 blood vessels, 65 hairs and muscles, 78 nerves, 78 sensors for heat, 13 for cold, 160-165 for pressure, 100 sebaceous glands, 650 sweat glands, 1300 nerve endings, and 19,500,000 cells.

The sweat glands do double duty, helping to eliminate wastes and cool the body. On a hot day, the skin can release up to 2500 calories of heat—enough to boil 6 gallons of water.

The body's largest organ, the skin measures about 21 square feet in an average adult. It accounts for 15 percent of total body weight and provides a protective shield against bacteria and viruses. It also absorbs shocks that might otherwise damage the bones and internal organs.



STRIKE!!

The national pastime meets the dictionary...

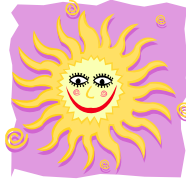
The central role that baseball has played in American culture is known to all, but is particularly evident in the abundance of baseball expressions applied to circumstances outside the sport. When people say that they have *struck out* in an endeavor, they are using one such expression.

We routinely speak of *ballpark* figures or estimates, of some unexpected quirk of fate or tricky question on an exam as being a *curve ball*, of *minor-league* or *bush-league* players in a field of business, who might one day enter the *big leagues*. If we can't go to lunch with a person who invites us, we take a *rain check*. We can go *to bat* or *pinch-hit* for a friend.

We can be *off-base* about something or so disconnected we are *out in left field*. When we cooperate we are *playing ball*, and when we get serious or even ruthless about something, we are *playing hardball*.

Some unfortunate people are said to have been born *with two strikes against them* if bad things come their way *right off the bat*. The list could go on and on, but that would only be *running up the score*.

Word Histories -- American Heritage Dictionary



Whoever smiles first wins



GOOD OLD-FASHIONED CHICKEN DIVAN

An old classic made new...

Layer into casserole dish:

- 6 stems broccoli, cut into florets, steamed in chicken broth
- 3 c. cubed, cooked turkey or chicken
- ¼ lb. sliced, sautéed mushrooms

Mix together:

- 2 cans low-fat, low-sodium cream of chicken (or celery or mushroom) soup
- 1 c. non-fat mayonnaise
- 1 tsp. curry

Pour mixture over broccoli and chicken. Cover with 1 c. low-fat shredded cheese and ½ c. fresh breadcrumbs. Bake at 350 degrees for 30 minutes.

Option: Turkey can be used instead of chicken.

Year after year, cookbooks and diet books are the biggest sellers—how not to eat it once you've learned how to cook it.



~~Andy Rooney



~~The natural order of things
is not order~~



WE SHALL SEE

A horse tale...

There was once an old man who had one son and one horse, both of whom he valued very highly. One day the horse ran away and his neighbors came over to console him. "Oh what great misfortune," they said, "your horse is gone! How will you ever afford to get another?" The old man sat and smoked his pipe and only said, "We shall see."

Then, a few days later, the horse came back, accompanied by several wild horses, tripling the man's herd. Again the neighbors visited, this time to congratulate the old man on his great luck. Again he merely sat and smoked and said, "We shall see."

A short time later, his son was thrown from one of the wild horses and broke his leg in several places. The neighbors all arrived, calling out, "Ah, great misfortune, your son will never walk again!" But again the old man merely sat quietly in front of his house and, between puffs of his pipe, said, "We shall see."

Some time after that, the army came through the village, rounding up all the young men to press them into service and send them to the battlefield far away in the frozen north. But with his crippled leg the old man's son was left behind. Though crippled, he managed to care for his old father until his death many years later.



***If you think you see a light
at the end of the tunnel...be careful!***

It might be a train coming!



THANK YOU!!

When you refer your friends and family, it makes us very happy. We appreciate the compliment!

Bruce, Corri, Rachelle, Shirley, Stacy, Stephanie,
Sue, Teri, and Yvonne



WANT TO LIVE TO A RIPE OLD AGE?

What can help you live longer?

You guessed it: eating more fruits and veggies. Eating just one serving each day--an apple or pear or a cup of leafy greens--cuts your risk of dying from *anything* by 20 percent.

Pretty big benefits for modest efforts, don't you think?!

We're here for you:



360-479-4152



HAVE A GOOD CRY

It might make you feel better...

Don't hold back the tears. A good cry now and then may do you some good. Just as sweat removes salt, urine removes waste, and mucus traps bacteria, tears also serve a purpose.

Your body makes several kinds of tears:

Basal tears provide constant moisture to keep your eyes moist for blinking easily.

Irritant tears are produced when the eyes are hit by flying sand, grit, or dust.

Emotional tears are released in moments of intense feeling—sometimes joy, but more often sorrow. These tears are hormonal and chemically different. Prolactin, a major hormone that increases with stress, is also associated with crying. Levels of prolactin in the body correlate with frequency of emotional crying.

Crying can be embarrassing, but lets you know you've reached a level of stress that's detrimental to your health. So let it out.

