

The not-quite-quarterly

# Smile Times

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



## Summer 2007

Hello from all of us at Dr. Robinson's office. Here we are edging toward the longest day of the year again. Have you been enjoying the change in Daylight Savings Time this year?

Next time you visit, you'll see a familiar face from the past. Jennifer, who worked with us for 2+ years, before a 4-year break, has returned to our staff. She joins Stephanie in assisting Dr. Robinson. You'll enjoy her bright smile and great energy.

Enjoy each summer day—they'll go by too quickly!



*"Don't ask yourself what the world needs –  
ask yourself what makes you come alive,  
and then go do it..."*

*...because what the world needs  
is people who have come alive."*

~ ~H. T. Whitman



### FROM HEAD TO TOE

*Everything's connected somehow...*

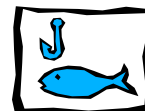
It's important to know that an infection in your mouth can cause problems in other parts of your body. Periodontal disease is a bacterial infection in your mouth that can enter the blood stream and travel to major organs and begin new infections.

Periodontal infections are quiet contributors to the overall bacteria count in your bloodstream. Many of you already know that antibiotics are required for those with joint replacements or heart valve issues, indicating that what happens in the mouth travels on to the body as a whole through the bloodstream.

Research suggests that higher levels of bacteria in the blood may contribute to the development of heart disease, increase risk of stroke or pre-term, low birth weight babies, or add to the health problems of those with diabetes, respiratory diseases or osteoporosis.

One of the best things we can offer you in our office is a truly healthy, bacteria-free mouth by helping you understand and control your periodontal concerns.

### FATS IN THE NEWS



*Something fishy...*

With all the discussion lately about fats—trans fats are bad, omega oils are good—how does one decide what to have for dinner? The American Heart Association recommends eating at least two servings a week of fatty fish, which are high in omega-3 fatty acids.

The best fish for omega-3s are mackerel, salmon, lake trout, sardines, herring and albacore tuna. Around Puget Sound we do have an abundance of salmon to enjoy often. We do our hearts a favor in the process.



*Those trans fats...*

Kudos to the food companies, restaurants and chains that are replacing the trans fats in their products. It might be good to let them know we appreciate what they are doing in the interest of our health.



## GETTING EXERCISE MIXED INTO YOUR DAY

- ♣ Get it over with first thing in the morning. It might be a great transition from bed to shower.
- ♣ Do it close to where you live so you don't have to spend too much time getting to and fro.
- ♣ Combine your exercise with other activities—if you use stationary equipment like a bike or treadmill—read, make phone calls, listen to music or watch TV at the same time.
- ♣ Do weekend workouts. Try sports, yard work, home maintenance, workout classes, walks or jogs or bike rides when you have a little more free time.
- ♣ Walk as much as you can. See if you can ride your bike to work. Find the stairs.
- ♣ Be persistent. Keep at it even if you can't keep a perfect routine. Learn to think exercise into all the little gaps in your life. Get creative and clever about stretching or doing isometrics while waiting in line. Walk around while talking on your portable or cell phone. Just keep moving!



If you think you are too small  
to make a difference,  
you haven't been around  
a mosquito lately



### Hint for those pesky canker sores:

Try the topical antiviral medication, Abreva. Then apply a little Zilactin Cold Sore Gel. Together, you'll get pain relief and fight the virus.

Remember: Avoid touching the canker sore while applying medication so you don't re-infect the area.



## PILATES

*"If it's easy, you're doing it wrong"...*

It's not an aerobic exercise like running or swimming, but it's a great complement to cardio activities. It's Pilates, a 100-year-old form of exercise created by Joseph Pilates.

Pilates incorporated elements of dance, yoga, boxing and other physical disciplines in developing "mat work" done on the floor. He also invented equipment for variety and other challenging movements needed for a strong body.

The buzzword of Pilates is "core". This is the abdominal/low back area, which, when strengthened, is the foundation for all the other movements. Each exercise is done slowly and carefully, with proper alignment and body awareness based on principles of breathing and body positioning. Only 5-10 reps of each movement are done. Pilates is not about exhausting the muscles, so at the end of a workout you feel both well challenged and relaxed.

Practiced regularly, Pilates yields numerous benefits. Increased lung capacity and circulation, better balance, coordination, flexibility, and mental focus, come with continued practice. Posture, bone density and joint health will improve. You'll gain long, lean muscles and enhanced body awareness. Pilates teaches control of your body, which spills over into other areas of your life. Dubbed "Intelligent Exercise", it's also fun! Check it out sometime.



## HEALTHIER LIVING TIPS

- ♥ Eat at the table—the food is usually healthier
- ♥ Play with your kids—it's good for relationships and your waistline
- ♥ Downsize favorite foods—just cut back on the amounts or "extras" like sauce or cheese topping—or eat a few less bites
- ♥ Eat more soup—it takes up more space and makes you feel full sooner
- ♥ Use the kitchen—usually you'll cook healthier foods than if you buy out
- ♥ Schedule a birthday checkup—plan your physical and your dental check ups each year at birthday time so they're easier to remember



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### ANSWERS TO SOME DENTAL QUESTIONS

**Q:** What is root planing and curettage? Why is it so expensive? Why does it take so long and so many appointments?

**A:** *If your pants pockets were 2 feet deep—deeper than your arm could reach to the bottom--how would you reach your nickels, dimes and quarters at the bottom?*

*That's how it is with the pockets around your teeth—if bacteria get in there and stay too long, the pockets get deeper and deeper. Infection begins, and bone loss continues. Reaching the bottom with your toothbrush or floss becomes impossible.*

*The hygienist uses instruments to carefully reach into the deep pockets (using anesthetic for your comfort) to clean out the bacteria and debris that is there.*

*Because you will be numb, and often there are lots of pockets to be cleaned, you will probably have multiple visits and they may be as long as 90 minutes each. This makes periodontal "scaling and root planing" the highest-priced cleaning.*

*Once the infection is cleaned out, "periodontal maintenance" visits will be necessary to keep the pockets healthy and infection from returning. These may be as frequent as every 3 or 4 months, or twice a year depending on your individual situation. Visits to your hygienist and diligent homecare will help the pockets heal and become shallower. Then you'll need less frequent care.*

*That is our aim—your dental health.*



**Q:** Why do I want healthy gums?

**A:** *So your teeth will last as long as you do. See the related article elsewhere in this newsletter about bacteria in the bloodstream. Periodontal disease also leads to bone loss and eventual tooth mobility and loss.*

*In the old days, pyorrhea (the old name for periodontal disease) claimed many teeth as folks aged. The disease is still around, no matter what we call it, trying to rob people of their teeth. Luckily, there is more that can be done to treat it now to save us from needing removable teeth.*



***An apology is a good way to have the last word.***



### SIX GROCERY STORE TRICKS

To buy healthy and save money...

- ☒ Don't go to the store hungry. The sights or smells of food may get the best of you and get you off track.
- ☒ Choose the smallest cart available or a hand-held basket. Larger carts are meant to entice you to fill them.
- ☒ Stick to the perimeter of the store where the healthier items are. Avoid the center aisles where the junk foods reside.
- ☒ Stick to the items on your list. Don't be distracted by other impulse buys—things strategically placed to get the best of your self-discipline.
- ☒ Buy generic items or store brand to save a bit—as long as the ingredients and quality are the same. (These may be on the bottom shelf).
- ☒ Buy on sale when you have the storage—but only the things you really will use.



***In case you're worried about what's going to become of the younger generation...***

***...it's going to grow up and start worrying about the younger generation.***

~~Roger Allen



## MEDICATIONS AND ALCOHOL DON'T MIX

*Chemistry really does matter...*

It's always a good idea to take a mental inventory of your medications before enjoying an alcoholic beverage.

Antihistamines, sleeping pills, pain relievers, anti-anxiety drugs, antidepressant drugs, and medications for diabetes, hypertension and heart problems may react poorly with alcohol. If you're not sure, check with your doctor or pharmacist beforehand.

*Thanks for sharing your confidence in  
our dental care with your friends and  
family.*



*Bruce, Stephanie, Jen, Teri, Shirley,  
Stacy, Rachelle, Yvonne, & Corri*



**The hard part of doing nothing  
is you never know when you're finished!**

*\*\*Contributed by our good friend, Elizabeth*



## SKINNY IN THE MIDDLE

*Who has the slimmest waist?*

Is it meat-eaters, fish-eaters, vegetarians, or vegans? According to a new study, vegans do. Vegans are vegetarians who not only forego eating meat, fish, or fowl but also all foods derived from animals.

However, the reason vegans tend to be slimmer may lie in what they *do* eat: fiber. Lots of it. And that's a habit you can easily duplicate. Fiber makes you feel full longer, and it seems to inhibit fat absorption. Broccoli pizza on whole-wheat crust, anyone?