

The not-quite-quarterly

Smile Times

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

WINTER 2008-2009

Hello everyone! Let's welcome winter together. A pasta recipe, a laugh or two, food for thought, office news, a little health and exercise info and a warm thank you for choosing us to serve your dental needs for another year.

We hope you enjoy the holiday season with your family. Happy New Year 2009 from each one of us.



TRACYTON BOULEVARD CLOSED
"UNTIL DECEMBER 19"

Over the river and through the woods to the dental office we go! Bridge building at Barker Creek apparently isn't going according to Plan A. You'll have to continue to use alternate routes to your favorite dental office for a while yet according to the latest county roads department update.



NIGHTGUARD REMINDER

For those of you who have one...

Please bring your nightguard to your checkups for its yearly checkup too. Also bring it along when you come for fillings or crowns. Dental procedures may slightly change the shape of your tooth and we will adjust your guard to fit.





You can't get something for nothing
without someone, somewhere, someday
getting nothing for something





FEET FIRST


The part that hits the ground first every morning...

 Your foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles. 1/4 of all the bones in your body are in your feet.

 Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, contributing to weight control, and promoting all around well-being.

 The average person takes 8,000 to 10,000 steps a day, which adds up to about 115,000 miles over a lifetime. That's enough to go around the circumference of the earth four times.

 Over the years, your ankles lose some of their range of motion and stiffen. Stretch your Achilles tendon (now called the calcaneal tendon) by putting the ball of your foot on a step or curb and dropping your heel off.

 Rotate your feet while you are sitting to loosen your ankle joint. Flexibility helps with balance and your ability to take quick steps to catch yourself if you happen to stumble.

***Think of the magic of the foot, comparatively small,
upon which your whole weight rests.***

***It's a miracle,
and the dance is a celebration of that miracle.***

 **Martha Graham**



PROUD DAD

Happy times ahead...

The Robinson family is growing. Dr. Robinson and his wife, Linda, will welcome a son-in-law at the marriage of their eldest daughter, Beth, in January 2009.

Dr. Beth Robinson, who graduated from the UW School of Dentistry in June this year, will marry Dr. Scott Shaw, a fellow classmate. Scott's dad is an orthodontist and his mom is a dental hygienist. Those wedding photos should be full of some great smiles!



Thanks for referring new patients to us.
It's a great compliment!

Corri, Danyce, Francine, Jennifer, Jill,
Patti, Sandi, Shirley,
Stephanie B., Stephanie H.,
Yvonne and Dr. Robinson



METABOLISM BURNS YOUR CALORIES

And now is the time of year we need it!

Metabolism is a word that describes the burning of calories necessary to supply our bodies with the energy they need to function. Leaner bodies need more calories than less lean ones.

There are three major ways we burn calories during the day:

Our resting metabolic rate (RMR) is the term used for how we burn about 70-80% of all the calories we take in while our bodies are at rest. These calories are needed just to maintain life. Changing our resting metabolic rate through healthy exercise is the easiest way to enhance metabolism.

Physical activity energy expenditure (PAEE) accounts for 20-30% of your daily caloric output. The intensity of our exercise and daily activities will determine the amount of calories we burn. A typical exercise session will burn about 300 calories. It is important to do some type of exercising because daily activities alone may not burn enough calories.

The thermic effect of food (TEF) accounts for about 10% of calorie expenditure. If we eat a 400-calorie meal, about 40 calories are used for digestion and absorption. This is another reason it is important to eat enough calories throughout the day. 10% of our calories burned actually come from eating.



**"We have enough youth,
how about a fountain of SMART?"**



BREATHING IS A GOOD THING

Oxygen makes the day go better...

No, this isn't a space alien. It's a mannequin modeling a CPAP (Continuous Positive Airway Pressure) machine that helps with sleep apnea. And what is sleep apnea? It's a condition that means "sleep without breath". Not good!!

There are three types of S.A. that cause people to stop breathing when they are sound asleep. Poor quality of sleep is just the first of a number of problems, some life-threatening, that it can cause. Untreated, S.A. can cause high blood pressure and other cardiovascular diseases, memory problems, weight gain, headaches, and more. It may also be partly responsible for job impairment and car wrecks. If you have S.A. it may already have affected you more than you know. It is almost certain that things will improve for you once the diagnosis is made and you begin your treatment.

How can you tell if you have sleep apnea when you're sound asleep? The people you live with may tell you that you snore. That's one clue. If they are worrying about you not breathing while you're sleeping that's another clue.

About 12 million Americans have S.A. Many more are undiagnosed and experiencing its negative effects. If you think you have S.A. it is very important for you to seek treatment. You may then find that you feel much better in ways you didn't even know you were tolerating.

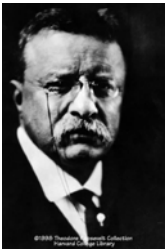
Diagnosis is made through sleep studies done in a medical facility to monitor the number of times per night that you stop breathing. Many people are surprised to discover they stop breathing up to 400 times per night (10 seconds without taking a breath is an apnea)! Those with S.A. don't get enough oxygen to their brain and body tissues for optimal energy and function.

Current treatment options include changing your sleep position, losing weight, changing your evening use of alcohol or medications that relax the airways, oral appliances that reposition your lower jaw during sleep, surgery and the CPAP pictured here. Sometimes a combination of these options works best.

S.A. folks say that whichever treatment option is chosen, it can be surprisingly helpful. They are very enthusiastic about many unexpected gains in their overall health.



**Be yourself
Everyone else is taken**



In any moment of decision
the best thing you can do is the right thing,
the next best thing is the wrong thing,
and the worst thing you can do is nothing.

Teddy Roosevelt



PESTO SHRIMP PASTA TOSS

Quick and healthy...

- 9 oz. uncooked linguine
- 1 lb. deveined, peeled, cooked medium shrimp
- 1 lb. fresh asparagus, trimmed & cut into 2" pieces
- 1 medium yellow summer squash, sliced
- 1 c. fresh baby carrots, halved lengthwise
- 1 T. butter, melted
- 1/2 tsp. lemon-pepper seasoning
- 1/4 tsp. salt
- 1/2 c. prepared pesto
- 1/2 c. shredded Parmesan cheese
- 1/2 c. chopped walnuts, toasted, optional

Cook linguine according to package directions, adding shrimp during the last minute. Meanwhile, in a greased 15-in. x 10-in. x 1-in. baking pan, combine the asparagus, squash and carrots. Drizzle with butter; sprinkle with lemon-pepper and salt. Bake, uncovered, at 450° for 15-20 minutes or until vegetables are tender, stirring once.

Drain linguine and shrimp; transfer to a serving bowl. Add the vegetable mixture and pesto; toss gently. Sprinkle with Parmesan cheese and walnuts if desired.
Prep Time: 30 minutes. Makes 6 servings.



On the eve of my 15-year-old son's junior high school graduation, I suggested that he wear a boutonniere. "What's a boutonniere?" he asked. "It's a flower pinned to a man's lapel," I replied. I knew that wearing a suit was truly foreign territory for him when he asked, "What's a lapel?"

Denise Hansen * Reader's Digest



AN OLD-FASHIONED VIRTUE

Resilience...

When the normal routines of life are disturbed and we are thrown off course, we dig a little deeper for the coping skills demanded by the situation. One quality we can certainly lean on during hard times is our resilience.

Resilience is the ability to cope with stress and catastrophe. People with high psychological resilience can take life's bumps and bruises in stride more easily than others. Also, they are able to recover after a crisis or psychological disturbance. Other terms for resilience are hardiness and resourcefulness.

Use these ideas to increase your own resilience:

- Try to cope with stress effectively and in a healthy manner
- Use your best problem-solving skills
- Seek help as needed
- Hold onto the belief that there is something you can do to manage your feelings and cope
- Stay connected to your family, friends, neighbors, and co-workers for social support
- Tell your troubles to a special, trusted loved one
- Rely on your spiritual beliefs
- Think of yourself as a survivor instead of a victim
- Help others
- Look for some positive meaning in the trauma
- Remember that all things pass—even the bad times



STAFF STUFF

Our new staff members...

We welcomed Danyce and Jill to our staff recently. Danyce supports the hygienists and assistants in the afternoons. Jill joins Stephanie and Jennifer, our dental assistants, in providing you with professional skill and TLC during every dental procedure with Dr. Robinson.



TOOTING OUR OWN HORN

Compliments from the Better Business Bureau...

Our dental practice has just received a rating of "A" from the new 16-factor Better Business Bureau rating system. We're glad that our efforts to provide the best quality care in a pleasant environment are succeeding. Thank you!



FRAGRANCE FREE!!!

The nose knows...

Breathing isn't easy for everyone. Some of our patients and staff have allergies, asthma, or lung disease. This can make the fragrances many of us enjoy miserable or even dangerous for others.

Dr. Robinson often performs lengthy procedures in a closed room and strong scents plug him up. We all want our dentist breathing when he works on us—right!?

Troublesome scents can be found in aftershave, hairspray, shampoo, conditioner, lotion, and deodorant as well as perfume. Please refrain from scents when coming to our office for everyone's sake. Thanks for your help.



**"Everything that can be invented
has been invented."**

**Charles H. Duell,
Director of the U.S. Patent Office, 1899**



My wife, a professor of medicine, has published five books. After she'd written her latest one, I stopped at a market to buy some chocolate and champagne. Are you celebrating something?" asked the clerk as he bagged my items. "Yes," I replied proudly. "My wife just finished a book." He paused a moment. "Slow reader?"

Dennis Dook * Reader's Digest



THE GOLDILOCKS PRINCIPLE AND YOUR DENTAL HEALTH

"Not too much, not too little, just right"...

If you've recently invested a lot of time and money in restoring the health of your teeth or gums, remember that maintenance is now important to keep your mouth healthy. We know it is also the time you are most likely to want to take a rest from us!

However, we still encourage you to come in "just the right amount" to stay on top of what good things you and your hygienist or Dr. Robinson have done for your oral health. It protects your investment in yourself. In the end it will save you money and your dental health as well.