

The not-quite-quarterly

Smile Times

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

Spring 2009



This wonderful planet we live on, in its annual journey around the sun, has tilted us northern hemisphere folks back toward its warmth and light. That means spring is here once again!

Isn't it amazing that we can take for granted these phenomenal cycles? We don't even feel Earth revolving or tilting as we go through its cycles.

Now that our part of the earth has completed its winter rest, all of nature is waking up with renewed energy. The cycles of the seasons that have gone on through millennia move us into the future as life goes on and on.

Now it's time for us to get out our garden tools and seed packets, our walking shoes and bicycles and enjoy the warmer days of spring.



In nature
what looks like ornamentation
is always of the greatest utility.
Mary Oliver



TOP TEN REASONS TO VISIT YOUR DENTIST

1. Sometimes you just feel like spitting
2. Free flossing lessons
3. Play hookie from work
4. You're always the center of attention
5. You can join the clean teeth club
6. Some good clean fun
7. Take a free ride
8. See yourself on film
9. You get to be in the spotlight
10. Another free toothbrush

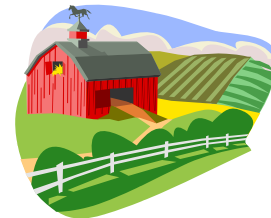


WHEN TAX SEASON ENDS

Here's what to do with all those papers...

The good news is that you don't have to rent a storage cubicle to hang onto your tax records. You can toss tax-related personal documents after three years and supporting business materials after six.

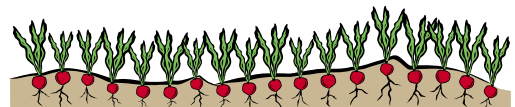
Do be sure to shred any items that include your social security, credit card or account numbers.

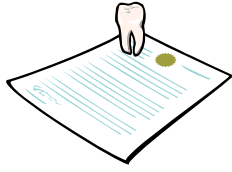


A couple drove down a country road for several miles, not saying a word. An earlier discussion had led to an argument and neither of them wanted to concede their position.

As they passed a barnyard of mules, goats and pigs, the husband asked sarcastically, "Relatives of yours?"

"Yep," the wife replied, "in-laws."





DR. ROBINSON SAYS

About dental insurance...

We constantly get questions about “dental insurance” so have put together some information you may find useful:

“Dental insurance” is not insurance at all. It is a pre-paid benefit, a dental maintenance plan. Most benefits are capped at \$1200-1500 per year. This maximum has changed very little in the 30+ years we have been in practice. Inflation has taken its toll. If it had been inflation indexed, the yearly benefit amount would now be in the \$7000 per year area.

Dental insurance as it exists now can maintain us, but should major work be required, we are often out of luck. Your insurance provider does not CARE about you. It is strictly business to them. Their interest is the difference between premiums collected minus claims paid equals profits. Profits are supplemented when people who have a preventive maintenance benefit choose not to use it at all. Unfortunately unused benefits do not accrue, they are lost each year.

If we can be of assistance to help you use your benefit to maximum effect, please call on us.



BOO HOO HOO

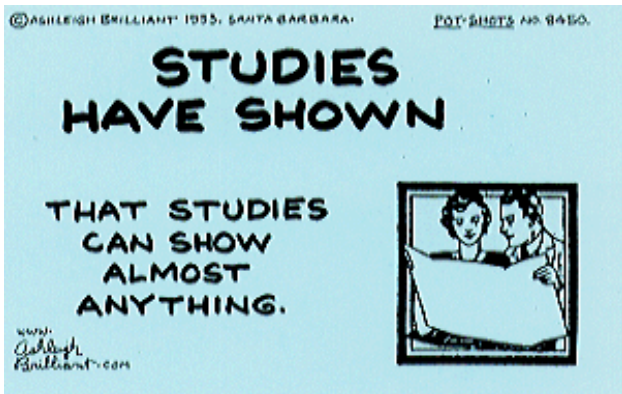
The benefits of crying...

Do you ever just feel like having a good cry? (Yes, even you men out there.) There are times when it really can make you feel better. We might cry when we feel intense joy, pangs of grief, or relief at good news, are touched by a poignant movie or story, or in the aftermath of a frightening event, such as a car accident.

Researchers like Frey and Langseth who wrote Crying: The Mystery of Tears tell us that the content of emotional tears is different from tears that come when smoke gets in our eyes or when we chop raw onion.

We cry, and need to cry, to rid our body of hormones and proteins that can be toxic to our emotional and physical well-being if held in. Excess stress hormones take a toll on immunity, weight gain, and mood. Crying is just one of our nervous system's ways of reducing too-high levels of these in reaction to pain, crises, flight or fight and even intense joy. After a good cry you will feel calmer and your whole body will be cleansed of stress.

Besides all that, you feel better when you acknowledge whatever emotional burdens you are carrying—and let some of them go! Let those tears run down, wipe your face, blow your nose and you can carry on refreshed.



From the Ashleigh Brilliant collection of “Pot Shots”

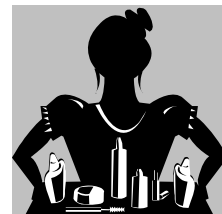


THE MOUTH/BODY CONNECTION

Yes, it's all you...

Sometimes we forget that there is a connection between a healthy mouth and a healthy body. Bleeding gums, periodontal infection, visible root surfaces and loose teeth in your mouth are also not good for the rest of you.

Medical folks tell us that an unhealthy mouth adds to serious medical problems like heart disease, stroke, and diabetes. You'll be healthier from head to toe when your mouth is healthy.



FRAGRANCE FREE

Thank you for refraining from wearing scented products when you come to see us.

Everyone can breathe easier.



Thank you for referring your friends and family to us. It's a great compliment!

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



BALANCING

Keeping it together when we're off center...

How long can you stand on just one leg? With your eyes closed? Balance is helpful if you accidentally miss a step and need to do the "catch myself" dance. Practicing your balance builds strength for when you need it. It requires patience to improve your balance while you feel wobbly & uncertain. Focus your eyes on an unmoving spot to help you stabilize.

Easy: Stand up straight behind a tall chair or at a counter top. Lightly grasp the chair or counter top with your fingertips. Bend and raise one knee about a foot off the ground. Balance while standing on one leg. Hold for a count of 10. Repeat with the other leg. Do 5 on each leg.

Medium: Repeat the easy exercise without holding onto the chair/counter. Hold your balance longer, building up to 30 seconds.

Difficult: Bend both knees. Lift one knee and keep it up. Swing both arms toward the lifted knee, then back up across your body on a diagonal line, reaching as high as you can. Repeat 3 times. Switch sides.

Also try "sneaky balancing in public": Alternately, shift all your weight onto one foot while waiting in line at the store. Lift the other foot up just a tiny bit. If you're careful, no one will know you're doing your exercises.

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ANOTHER WAY TO THINK ABOUT VEGETABLES**

And to laugh a little too...

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain...Good!

Q: Aren't fried foods bad for you?

A: YOU'RE NOT LISTENING!! Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO cocoa beans! Another vegetable!!! It's the best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

**A bit of humor from the Epic Dental Newsletter



CALL US AT 479-4152



“THE DEEP CLEANING”

A little tale about periodontal disease...

If the pockets on your pants were deeper than your hand could reach down, how would you get your change from the bottom? You'd probably find a friendly seamstress to hem up your pockets.

This is what our hygienists do for periodontal disease. Well, sort of. They don't hem, but they reach down to the bottom of your periodontal pockets where you can't and clean out the bacteria and diseased tissue at the bottom.

Once the bacteria are cleaned out, some healing may occur and the pockets may improve a bit. Often, however, with deep pockets, you will need to see your hygienist regularly for help in getting the infection out of the bottom of those pockets to keep it to a minimum.



GARLIC CHICKEN STIR FRY

A little ginger makes this tasty...

Mix ½ c. chicken broth, 2 Tbsp. soy sauce, 1 Tbsp. sugar and 2 Tbsp. corn starch in a small bowl. Set aside.

In a large wok or electric fry pan stir-fry 1-½ cloves minced garlic, ½ tsp. grated fresh ginger root, 4 green chopped green onions and ½ tsp. salt in smoking hot peanut oil. Stir-fry 2 minutes, until green onion becomes translucent.

Add 1 lb. boneless, skinless chicken breasts, cut into strips, and stir-fry 3 minutes.

Add 1-½ more cloves minced garlic, 1 sweet onion and 1 red bell pepper (thinly sliced), 1 c. sliced cabbage, 8 oz. sugar snap peas, and another ½ cup of chicken broth.

Stir corn starch mixture and add to wok. Stir-fry until chicken and vegetables are coated with thickened sauce. Serve over hot rice.