

*The not-quite-quarterly*

# Smile Times

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

## Winter 2010-2011



We've survived our first round of the La Nina winter, so now we're all prepared for whatever comes next—right?

If not, the experts say to prepare as follows: Create and carry in your car (since you are usually somewhere near it) an emergency kit including kitty litter for traction in snow, a thermal blanket to keep warm, a fold up poncho to stay dry, water and snacks, a fold up shovel, a flashlight, your cell phone car charger. Have a utilitarian jacket, hat, gloves and sensible shoes or boots in your kit. Pack enough of these items for each person in your care.

Most of these supplies are useful for other kinds of emergencies too. For more information go to [kitsapdem.com](http://kitsapdem.com) (Kitsap County Department of Emergency Management) or [govlink.org/storm](http://govlink.org/storm) (Take Winter By Storm).



The Iditarod dog sled race from Anchorage to Nome, Alaska commemorates an emergency operation in 1925 to get medical supplies to Nome during a deadly diphtheria epidemic.



According to the historical accounts of Captain John Smith, the first eggnog made in the United States was consumed in his 1607 Jamestown settlement. "Nog" was, apparently, a variation of the word "grog", which refers to any drink made with rum.

### CRAZY ENGLISH

- ☞ If money doesn't grow on trees then why do banks have branches?*
- ☞ Since bread is square, then why is sandwich meat round?*
- ☞ Why do you have to "put your two cents in"...but it's only a "penny for your thoughts"? Where's that extra penny going to?*
- ☞ Why does a round pizza come in a square box?*
- ☞ How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?*
- ☞ Why is it that people say they "slept like a baby" when babies wake up like every two hours?*
- ☞ Why are you IN a movie, but you are ON TV?*



### GLUTEN INTOLERANCE

*Some of us just can't eat certain foods...*

Gluten is a protein in wheat and other grains that doesn't sit well with about 1-4% of Americans. If you are one of them, you will either have an "intolerance," that causes temporary symptoms, or a more serious form called "celiac disease." Celiac disease is difficult, but important, to diagnose because it damages the intestines, making them less functional, triggers an immune response and causes other serious problems.

In either case avoiding gluten can be challenging, because it is such a basic ingredient in so many of our everyday foods. It is getting easier to deal with as the illness becomes more well-known and stores carry more gluten free foods.



*"After silence, that which comes nearest to expressing the inexpressible is music."*

*Aldous Huxley*



### **MUSHROOM, TOMATO, BASIL FRITTATA**

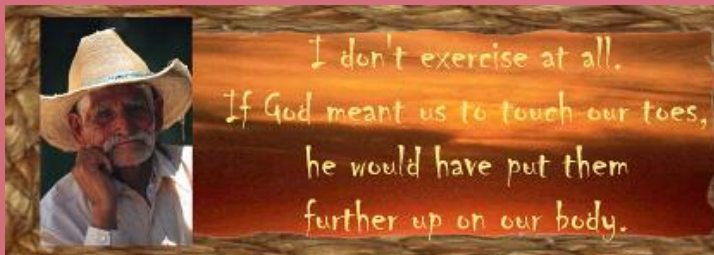
Healthy comfort food...

- ½ medium onion, minced
- 3 medium cloves garlic, pressed
- 2 T. chicken broth
- 1 cup thinly sliced crimini mushrooms
- ½ medium tomato, seeds removed, diced
- 3 large eggs
- 3 T. chopped fresh basil
- salt and black pepper to taste

Heat 1 T. broth in a 10-inch stainless steel skillet.

Sauté onion over medium low heat for 3 minutes, stirring frequently. Add garlic and mushrooms and continue to sauté for another 2 minutes. Add 1 T. broth, tomato, salt, and pepper and cook for another minute. Stir well.

Beat eggs well, and season with salt and pepper. Mix in chopped basil. Pour eggs over vegetables evenly and turn heat to low. Cover and cook for about 5 minutes, or until firm. Cut into wedges and serve.



### **QUICK TIPS FOR STRESS REDUCTION**

From Kitsap Cardiology Capri program webpage...

- ✦ Have a positive attitude.
- ✦ Try not to worry about things out of your control.
- ✦ Problem solve with people around you. Ask them to help you alleviate stress.
- ✦ Exercise. A few extra minutes of exercise a day can benefit your overall health.
- ✦ Eat Nutritional food. Decrease the amount of fat and sugar you eat.
- ✦ Meditate, or take a class in relaxation and stretching techniques --like Tai Chi or yoga.
- ✦ Avoid drinking caffeinated beverages.
- ✦ Rest. Try to get eight hours of sleep each day.
- ✦ Get a massage. A massage can be beneficial for the mind and body.



*Rudolph the Red-Nosed Reindeer was originally created for Montgomery Ward department stores as part of a promotional gimmick. They hired a writer named Robert L. May in 1939 to write a Christmas story which could be given away to holiday shoppers.*

*May's brother-in-law, songwriter Johnny Marks, liked the story and decided to write a song to go with it. The resulting "Rudolph the Red-Nosed Reindeer", eventually recorded in 1949 by Gene Autry, has become a Christmas classic.*



*Laughing is good exercise-- jogging for your insides*

### **TIGHT FIT**

Did you hear about the teacher who was helping one of her kindergarten students put his boots on?

He asked for help and she could see why. With her pulling and him pushing, the boots still didn't want to go on. When the second boot was on, she had worked up a sweat. She almost whimpered when the little boy said, "Teacher, they're on the wrong feet." She looked, and sure enough, they were. It wasn't any easier pulling the boots off than it was putting them on.

She managed to keep her cool as together they worked to get the boots back on - this time on the right feet. He then announced, "These aren't my boots." She bit her tongue rather than get right in his face and scream, "Why didn't you say so?" like she wanted to do. Once again she struggled to help him pull the ill-fitting boots off.

He then said, "They're my brother's boots. My Mom made me wear them." She didn't know if she should laugh or cry. She then mustered up the grace to wrestle the boots onto his feet again.

She said, "Now, where are your mittens?" He said,

"I stuffed them in the toes of my boots..."





**DIABETES AND YOUR DENTAL HEALTH**  
*Mayo Clinic info about dental matters...*

What do brushing and flossing have to do with diabetes? If you have diabetes, high blood sugar can take a toll on your entire body, including your teeth and gums. Diabetes affects your oral health and your oral health affects your diabetes.

The higher your blood sugar level is, the greater the supply of sugars and starches that interact with the bacteria and plaque from food and drink in your mouth. This creates the acid that causes cavities and gum disease.

Diabetes reduces your ability to fight bacteria, which can cause more plaque to build up on your teeth. Plaque that lingers on your teeth will harden under your gumline into a substance called calculus. The longer plaque and calculus remain on your teeth, the more they irritate your gums around the base of your teeth. In time, your gums become swollen and bleed easily. This is gingivitis.

Left untreated, gingivitis leads to a more serious infection called periodontitis, which destroys the soft tissue and bone that supports your teeth. Periodontitis tends to be more severe among people who have diabetes because diabetes lowers the ability to resist infection and slows healing. An infection such as periodontitis may also cause your blood sugar level to rise, which makes your diabetes more difficult to control. Preventing and treating periodontitis can help improve blood sugar control. You can see how this becomes a circular pattern.

The better you manage your diabetes, the less likely you are to develop gingivitis and other dental problems. Brushing and flossing can really help. Brush at least twice a day and floss at least once a day. Schedule your regular dental cleanings. Report any signs of gum redness, swelling, dry mouth, loose teeth, pain or bleeding to your dentist. TLC for your diabetes and your mouth will help keep you healthier all around.



A woman, calling a local hospital, said “Hello, I’d like to talk to the person who gives the information regarding your patients. I’d like to find out if the patient is getting better, doing as expected or is getting worse.”

The voice on the other end of the line said, “What is the patient’s name and room number?”

She said “Sara Finkle, in room 302.”

“I will connect you with the nursing station.”

“3-A nursing station. How can I help you?”

“I would like to know the condition of Sara Finkle in room 302.”

“Just a moment. Let me look at her records. Oh yes, Mrs. Finkle is doing very well. In fact she’s had two full meals, her blood pressure is fine and her blood work just came back as normal. She’s going to be taken off the heart monitor in a couple of hours and if she continues this improvement, Dr. Cohen is going to send her home Tuesday at twelve o’clock.”

The woman said “Thank goodness! That’s wonderful. Oh! That’s fantastic. That’s wonderful news!”

The nurse said “From your enthusiasm, I take it you must be a close family member or a very close friend!”

“Not exactly. I am Sara Finkle in room 302 and nobody here tells me anything!”



To reach us:  
Call 360-479-4152  
or go to our website at  
[tracytondental.com](http://tracytondental.com)



## **DR. ROBINSON IS AN EXCEPTIONAL DENTIST**

### *What makes him so great?*

Dr. Robinson is special for a number of reasons. He is very focused and efficient in his daily work, wanting patients to be in the chair a minimum amount of time and to receive outstanding dental care.

Dr. Robinson's commitment to excellence is apparent in his ability to perform most surgeries, root canals and to make prosthetics like partials and dentures, as well as all general dental procedures. He's taken over 500 additional hours of education to qualify as a Fellow of the Academy of General Dentistry. Dr. Robinson has also trained to perform IV sedation which generates referrals from dentists from all over the region and helps many patients.

He has continually attracted many other professionals as patients to our practice because his reputation in the professional community is well-known. High standards, attention to detail, and following the Golden Rule make Dr. Robinson the kind of dentist you always want to care for you.



## **ENERGY DENSE FOODS**

### *Volume versus calories...*

All foods have a certain number of calories within a given amount (volume). Some foods, such as desserts, candies and processed foods, are high in energy density. This means that a small volume of that food has a large number of calories.

Alternatively, some foods such as vegetables and fruits have low energy density. These foods provide a larger portion size with a fewer number of calories. Three factors play an important role in what makes food less calorie packed and more filling: water, fiber and fat content. Consider these factors in your food choices if you are counting calories.



*If you are going to try cross-country skiing,  
start with a small country*