

*The not-quite-quarterly
of Tracyton Dental Center*

Smile Times

*from your friends
Dr. Bruce Robinson
and team*



As the leaves turn their beautiful colors, our sweaters and socks start to have appeal again. The big, yellow school buses rumble along the roads with us. Shorter days and cooler temperatures bring out our favorite soup, stew and casserole recipes. Soon we'll be raking dry leaves and building fires in the fireplace. Let's all enjoy the days of Indian summer (if we get some after that summer!) and the transition into the cozy season.



THINKING ABOUT SNOW?

Just in case...

With rumors flying of a repeat of the winter of 2008, here's a thought: Give our office a call if the weather is icy or snowy. We'll try to get a message on our voice mail early in the morning of any day we cannot work our normal schedule due to weather. Safety and common sense will prevail for both patients and staff when it comes to venturing out in risky weather.



**Never grow a wishbone
where your backbone ought to be
C. Paddleford**



SOMETHING NEW

Fresh food right here in Bremerton...

Do you like fresh, local produce? Do you like to support your local farmers who work the land with TLC? FreshLocal, at 450 4th Street in old Bremerton, (between Pacific and Park Avenues), is a new food store generated by local farmers, where the store is the only step between farm and table. You will find beautiful fresh produce there and much more. For more information: freshlocal-bremerton.com



SAFETY FIRST

Watch carefully for those signs ...

In case you haven't noticed, our neighborhood is well-patrolled by local law enforcement (some of whom are our dearly loved patients) for speeders. Several of our other patients, eager to be here on time, have arrived later than planned, after a costly little detour to the side of the road.

While we support our deputies (and almost all of us have donated generously to the county's coffers at some time or another), we offer the following public service announcement: **Watch the speed limit signs near here!** It's tricky because signs saying 20, 25, 30, 35, and 40, are sometimes within sight of one another. There are 4 schools within a one mile radius and several blind corners and sharp curves. Easy does it = no flashing lights for you!



At a family gathering, we borrowed a karaoke machine, and my daughter asked her 90-year-old grandmother what song she'd like to hear. Her choice was "Unforgettable" by Nat King Cole. Three of us decided to give it a try.

Afterward, my daughter wrapped her arms around her grandmother and said sweetly, "We sang that because we love you." Her grandmother replied, "And I listened because I love you".



THANK YOU FOR YOUR REFERRALS!!
Sending us your family
and friends makes us smile!!



NO SHOPPING??!

Using up what you already have...

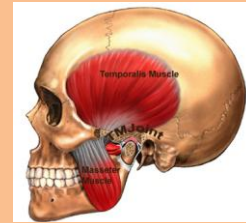
Have you ever played “clean the pantry”--using up your stash of foods and household supplies completely before buying more? When money is tight or you just want to refresh your storage spaces, you can come up with some creative solutions to meals and household routines by using what’s on hand. (Of course you’ll need to buy some fresh food items to get through the game, but you get the idea.)

There is a certain relief in slowing down the perpetual wanting/needing feeling and switching to the “I can do with what I have” mode. It frees up time normally used in the cycle of shopping and errands for other activities. See what fun you can have with the time you save.

You may look at shopping with a new eye after a round of “clean the pantry”. To read an interesting article about several families who tried this for a whole year (!) go to goodhousekeeping.com and search for “Could You Survive A Year Without Shopping”.



**Reality is the stuff
which no matter what you believe
doesn't go away**



YOUR MASSETER MUSCLE

It has a big job and sometimes complains...

The masseter is one of the most powerful muscles for its size in the body. It runs from the cheek bone to the angle of the jaw. It raises the jaw until the teeth touch. It chews your food. Together with the temporalis muscle and a few other smaller muscles, most people can generate at least 150 pounds of force between their teeth. The world record for human bite strength is rumored to be 965 pounds of force!

Unfortunately, the masseter may be the single most common location for muscle knots in the entire human body. Knots in it can cause and/or aggravate several problems such as headaches, neck pain, earaches, toothaches, ringing in the ears and dizziness or a painful condition of the jaw joint called TMJ. Tension in the jaw also restricts breathing as the whole upper body tightens with it.

The masseter is also associated with stress, anger and aggressive moods. It’s the muscle that makes you clench your jaw and grind your teeth. Too much clenching and grinding will crack teeth over time.



Try This for Yourself:

Slowly open your mouth as far as feels comfortable. Breathe and hold it open while you relax. You may even find yourself yawning. Hold that for 3-6 seconds. Then let your jaw relax and let your lips come gently together. Breathe and relax for 3-10 seconds.

Repeat this sequence a second time. Then, sit quietly and relax, noticing your neck. Breathe and relax. Next, notice your face. Breathe and relax. Then feel relaxation flowing from the top of your head down through your whole body. It feels so good to let go of tension! We are not used to feeling relaxed in the area of the masseter. With good self-care this area can make your face, your neck, and your breathing all become a source of comfort, rather than a source of tension!



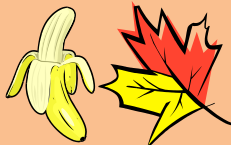
FIVE FINGER SHOES

This little piggy...

Have you seen the new shoes that have toes? They look like the socks that have individual places for each toe, as a glove has for your fingers. Sport stores such as REI are selling these shoes that look hilariously like feet except that they are blue, black, pink or gray. They were created for cold weather running, trekking, bouldering, water sports and canyoneering, as well as casual wear.

They are bound to get some stares when worn, but are rumored to be amazingly comfortable and a nice change from highly engineered running shoes. These foot-shaped shoes are supposed to have a more natural foot strike when running. They also conform nicely to rocks when clambering about, even as they provide comfortable cushioning. At home in the water or in chillier conditions, the multisport shoes offer the freedom of bare feet with the grip and protection of a Vibram sole. The individual toe slots enhance dexterity, control and stability to deliver a natural walking motion. The soles are designed to follow the contours of your feet and toes, and grip on wet and slippery surfaces.

If you decide to try them out, and are not used to walking or playing in bare feet, start slowly to allow your feet to adapt to using different muscles.



BANANAS AND AUTUMN LEAVES

What do they have in common?

The green color in unripe bananas comes from chlorophyll, the same pigment that gives green leaves their color. As bananas ripen, the chlorophyll breaks down and disappears, revealing the yellow color which has been there all along.

The yellows and oranges of autumn leaves are also revealed as their chlorophyll breaks down. Of course, other changes also occur as bananas ripen: the starches change to sugar and the flesh softens as pectin (a carbohydrate) breaks down.



DRY MOUTH

Makes it much easier to get cavities...

Does your mouth ever feel like a desert? Do your lips ever stick to your teeth or your tongue to the roof of your mouth? If you've experienced these moments you are familiar with "dry mouth".

Lack of saliva is a common problem that may seem little more than a nuisance, but a dry mouth can affect the health of your teeth. Saliva helps prevent tooth decay by limiting bacterial growth and washing away food debris and plaque.

While dry mouth has numerous causes, there are ways to improve the condition to protect your teeth. Ask us for suggestions at your next visit.



YOUR INSURANCE COMPANY

Do they care as much as we do?

Sometimes benefit payments from your insurance company control your dental decisions. Unfortunately, the programs they offer—and there is a vast spectrum of these—often have very little to do with what is going on in your mouth.

We are privileged to see you in person, give you a thorough exam, and care about your dental health in a much more individualized way than your insurance company can.

We value personalized, quality care and hope you feel the same way when you make the important decisions about our recommendations.

We encourage you not to let strangers dictate what you will do. Factor them in, but don't let them run your life—there is not a dental professional among them who knows you. They just may care more about your premium dollars than you or your dental health!



WE'RE HERE FOR YOU! 360-479-4152



TURKEY AND LENTIL CASSEROLE

For those nice leftovers...

Place about 3 lb. leftover turkey meat in a 5-qt. Dutch oven. Add 1 ½ c. dry lentils. In a 12" skillet, in 1 T. hot salad oil, cook 4 medium-size carrots cut into 1" chunks; and 1 large onion, sliced, until they are lightly browned. Stir in 1 large can (35-oz.) of Italian plum tomatoes with their liquid, 1 T. sugar, and 1 ½ tsp. salt. Over high heat, heat to boiling. Stir in 1 c. water.

Add the tomato mixture to the turkey and lentils in Dutch oven; cover and bake in 375 degrees oven for 1-1/2 hours. Cut 2 medium-size zucchini in half lengthwise, then crosswise into ½" thick slices. Rinse and drain a 15-19 oz. can of garbanzo beans. Stir the zucchini and garbanzo beans into the Dutch oven. Cover and bake 30 minutes longer or until lentils and turkey are tender.



RECOGNIZING A STROKE

Remember these tasks...

Sometimes symptoms of a stroke are difficult to identify. A stroke victim may suffer severe brain damage if those at the scene don't know the symptoms of a stroke and get help quickly. Doctors say a bystander can recognize a stroke by doing the following:

1. Ask the individual to SMILE. Is the smile straight or lopsided?
2. Ask the person to TALK and SPEAK A SIMPLE SENTENCE like "It is sunny out today". Can they do it? Are they coherent?
3. Ask him or her to RAISE BOTH ARMS. Can they do it?
4. Tell the person: "Stick out Your Tongue". Does it stick out normally or stick out to one side or the other?

If he or she is having trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher. Time is of the essence with strokes.