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SIERRA CREST DENTAL NEWSLETTER

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HOLIDAY 2017/2018

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The Olympics: A Historical Perspective

SINCE THE OLYMPICS ARE HAPPENING, LET'S TRAVEL THROUGH TIME AND LEARN A FEW FACTOIDS.

The Olympic symbol of five interlocking rings was created in 1912 to represent the five regions of the world, showing unity among all countries. The colors (blue, yellow, black, green, and red) on a white background represented every participating nation at the time. At least one of the five colors of the rings or the white background could be found on each participating nation's flag.

Let's move forward in time to our more pertinent Olympics held here in Olympic Valley. There were 30 nations participating, with eight sports and 27 events, compared to an estimated 90 nations with 15 sports and 102 events in 2018.

Opening ceremonies in 1960 were an extravaganza due to Disney's involvement. Walt Disney was a major part in imagineering our Olympic Park, and Disney designed a stage for the presentation of medals. It was the first centralized stage and was called the Tower of Nations.

Weather (which is always a question) was an issue then, as it is today. The Olympics started on Feb. 18. The weather pattern had been dry, and then a subtropical system arrived with rain, washing away what little snow there was. Then a Sierra dump arrived that saved the day. The system moved out quickly to bring our infamous sun.

Television had a big impact on the 1960 Olympics. In the men's slalom, the officials were unsure if a skier missed a gate and requested to review the tape. We know that now as "instant replay."

We hope you get a chance to enjoy the Olympics this year!



Welcome to a new year! What wonderful things are you going to accomplish with focus, intention, and a positive attitude? Yes, that is how our team approaches each day. We have found that when we set goals, both at work and at home, we can achieve more.

The beginning of a new year is a time to reflect on the past year and the future. I truly appreciate all of you who have supported our team here at Sierra Crest Dental, and I look forward to our continued relationship. And yes, we still accept new patients and appreciate all of your referrals.



At a recent meeting, Dr. Delaney and I were discussing how we can continue to offer each of you the quality of care you've come to expect. To accomplish this, we have added more staff — a team dedicated to serving you. Dentistry is always changing, and our goal here at Sierra Crest Dental is to always offer the best care. So, yes, at times we will attend educational courses so we can continue to exceed your expectations.



We are aware that many patients actually don't enjoy coming to the dentist. Personally, I don't understand that, but I accept the statistics. We want you to know there are many options for those who are less enthusiastic to achieve the smile that can change their life. Dr. Delaney and I are certified and licensed in oral sedation dentistry. Knowing that is an easy way to overcome those nerves!

Recently, I discovered that some people are not aware that I am a natural dentist specializing in safe mercury removal. I am the only accredited dentist in our area who is trained in safe mercury removal (without any compromise in the quality of your care). Why is that important? You should be aware that over 50 percent of amalgam or alloy fillings are made of mercury. These fillings have been banned in some countries, and others have taken the first step by banning usage in children and pregnant mothers.

Patients with appointments in December enjoyed our Giving Tree. They took home an ornament of their choice. It certainly brought smiles to both the team and patients' faces. Our team and our spouses enjoyed our annual Christmas party, held in our home. Yes, thank you, Debbie. You are amazing. Our family had our annual Christmas Day ski trip, one of my favorite days of the year.

Happy New Year!

-Dr. Colpitts

What You Don't Know About Sleep and Oral Health

We all know brushing before bed is the key to maintaining healthy teeth and gums. You may be surprised to learn, though, that what happens after you brush can make a huge difference as well. Sleep quality has a massive impact on oral health, in regards to both periodontal disease and bad breath.

A study commissioned by the Osaka University Graduate School of Dentistry, led by Dr. Muneo Tanaka, sought to examine the influence of lifestyle factors on gum disease. They observed 219 patients over the course of four years, monitoring hours of sleep, hours of work, exercise, alcohol use, smoking, eating breakfast, overall diet, and physical and mental stress. When the results came back, only smoking was a bigger risk factor than lack of sleep. Those patients who had seven to eight hours of sleep fared much better than those with six or fewer.

"This study points out to patients that there are lifestyle factors other than brushing and flossing that may affect their oral health," says Preston D. Miller Jr., DDS, president of the American Academy of Periodontology. "It is also important to keep these in mind as the body of evidence linking oral disease with systemic diseases continues to grow, because ultimately, these factors might impact a patient's overall health." This connection is especially strong with periodontal disease. Heart surgeons have found the very same bacteria in clogged arteries as those in gums.

Why does sleep matter so much? Well, it's the time when your body restores itself. Your body needs to recover after strenuous exercise in order to get the most out of a workout, and the same is true for your mouth. At night, you're more likely to breathe through your nose, which allows your mouth to

produce more regenerative saliva. A good night's sleep also lowers stress levels and regulates blood sugar.

To make sure you're getting the highest quality sleep, it's important to establish a routine. The more your body clock can acclimate to a pattern of expected sleep, the less likely you will be to wake up in the middle of the night. Avoid eating right before bed, especially after you've brushed and flossed. Also, limit your screen time before bed to ensure a good night's rest.

Oral health is only one of the many benefits of getting more (and better) sleep. Rest up for increased focus, better memory, and brighter moods.

HAVE A TICKLE IN YOUR THROAT? 2 Strange Cold Remedies for the Winter Season

The cruel winds of winter swirl just outside your window, leaving traces of frost on each pane. You stoke the fire and curl up in the velvet armchair nearby, eager to finally start that Agatha Christie novel. But as you stir your tea and pull on a pair of wool socks, you feel a slight tickle in the back of your throat. Frantic, you reach for your trusty onion necklace and blare Pandora's jazz station.

Yes, it's as strange as it sounds. Among the countless cold remedies in the world, there are some that involve an extra-large helping of lizard soup and others that require a supply of powdered frog skin. But most of the time, these superstitions do little or nothing to combat your infections. Take these two sock remedies, for instance.

A DIRTY LARD SCARF

Some home-remedy enthusiasts encourage their infected friends to grease their necks with chicken fat or lard. After their skin is sufficiently coated, the afflicted then wrap their necks with dirty socks. Warm and a little sticky, the sick were supposed to sweat out their germs.

But Does It Work?

Probably not. This remedy supposedly surfaced in England before drugs and vaccines helped eliminate contagious illnesses like strep throat and diphtheria. While sweating does help rid the body of unwanted bacteria and germs, the dirty sock adornment served more as a reminder for the healthy to steer clear of their feverish neighbors. But hey, at least the scarf will keep you warm during a bout of the shivers!

YOU'RE HOT THEN YOU'RE COLD

This holistic approach supposedly clears nasal congestion for a restful night's sleep. Simply soak your feet in warm water until they're hot and pink. While you're sitting, let a pair of socks rest in a bowl of ice water. Wring them out, then pull them over your warm feet. Immediately add another layer of dry socks and hop into bed!

But Does It Work?

Maybe! This approach is a standard practice in hydrotherapy. Your body is surprised by the sudden change in temperature and increases its circulation rate. This could help clear your nasal passages and jump-start your immune system. Licensed acupuncturist Anne Carruth described her experience with this method on PortlandNaturalHealth.net. For her, the treatment "nips a sore throat in the bud" and has helped her "get over lingering cold and flu symptoms."

In the end, whether you're experimenting with socks or just taking another dose of Nyquil, it's important to fight your cold when it arrives. Get adequate sleep, drink plenty of fluids, and warm up a bowl of chicken noodle soup. Your body will thank you!

KT's World

Yes, they took their time, but I have woven my way into their lives and their hearts.

In case you weren't around, my predecessor, Taz, would keep you up to date on the Colpitts' family adventures, and I believe in traditions!

I have to say the shared custody (Cathy, Debbie, and Bob) works well for me. I am seldom bored. I can find mischief wherever I go.

I wake up Cathy too early by her standards, and then she takes me on my morning walk. Debbie rescues me from my crate, and I am given an afternoon outing. She isn't so excited about the walks with me in all the rain. I'm told she prefers snow. I'm also learning to retrieve since I'm told that's what a golden retriever should do! Dr. Bob likes taking me on adventures in Squaw's Meadow, and as a result, everyone is getting more exercise!

I was given only a short opportunity to meet some of you at the office, so I hope to see you around.



INGREDIENTS

- 1/2 cup vegetable or canola oil
- 1/4 cup honey
- 1/2 cup brown sugar
- 1 teaspoon vanilla
- Dash of salt
- 8 cups rolled oats (not quick oats)
- 1 cup almonds, toasted
- 1 cup pumpkin seeds, toasted
- 1 cup pecans, toasted
- 1 cup walnuts, toasted

DIRECTIONS

1. Heat oven to 325 F.
2. In a saucepan, add oil, honey, brown sugar, vanilla, and salt. Heat on stovetop until very hot, stirring often. Sugar and oil will melt but not blend together.
3. In large bowl, place oats and nuts. Mix in heated mixture slowly. Be sure all oats and nuts are coated.
4. Place mix in a roasting pan and put in oven. You will need to stir about every 7 minutes to prevent sticking. Remove when the mix is lightly toasted brown.
5. Let cool and place in an airtight container.