

# JELINEK JOURNAL

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www.NorthernVirginiaDental.com

## WELCOME, PENELOPE MAE!

### *Becoming Grandpa 2.0 While Stuck at the Airport*

At the end of April and early May, I was visiting various practices from Boise to Salt Lake City to learn more about sleep apnea and temporomandibular joint (TMJ) disorders. After a few exhausting days crisscrossing the western half of the U.S., I headed to the airport late on Saturday, May 4, for a 12:15 a.m. flight (the dreaded red-eye). On my ride to the airport, I learned that my flight was pushed back to 2 a.m., and though I was a little annoyed, I kept going, figuring I could kill a few extra hours before boarding for home.

I would soon learn just how great I was at killing time.

After arriving at the airport, my flight was pushed back again to 3 a.m. before it was finally canceled. Irritated by this turn of events, I sought help from an airline representative. There was a 9 a.m. flight on May 5 I could have a guaranteed spot on, or I could stick around to possibly board standby for a series of 6 a.m., 7 a.m., and 8 a.m. flights. After an internal debate between finding a hotel room for the next few hours or waiting in a near-empty airport, I decided to stay put and see what would happen at 6 a.m.

So, there I was, stuck in the Salt Lake City airport, trying to catch some sleep while two other weary travelers and the janitor mulled about. Evidently, I chose the exact region the janitor was cleaning, and I was lulled to sleep by a vacuum and pure exhaustion.

Around 2 a.m. on Sunday, May 5, my phone began to light up. Since nearly everyone who would be blowing up my phone was two time zones away, I was confused by the intrusion on my impromptu airport nap. But the reason was worth the disruption: My daughter, Sydney, was going into labor a week ahead of her due date.

Readers may remember that Sydney and her husband, Kelan, were set to welcome their second daughter and our second granddaughter in mid-May. We were all thrilled about this tiny addition, but I never thought I'd hear the news of becoming a grandpa again in just a matter of hours while stuck in the airport.

No one else was expecting our second granddaughter's arrival that day either. Sydney's sister, Amanda, was flooding my phone with texts and updates as she made the frantic trip from Arlington, Virginia, to Richmond, Virginia, where Sydney had begun labor. Amanda's bags were already packed in anticipation of this event, so she flew out the door upon hearing the news.

Meanwhile, I was praying for an open seat on the earliest flight after eight hours at the airport. Thankfully, I caught the 6 a.m. flight and made it back to Washington, D.C., by the afternoon. Exhausted, I collapsed into sleep by the time I got home, and the following week dragged by as I waited to meet our new granddaughter, Penelope Mae.

One week later, I finally met Penny and spent the weekend with my family. Later that month, I manned the grill at a Memorial Day party with my family and my brother's family. We learned that my niece (my brother's daughter) is due with her second child around Thanksgiving, and she was fawning over Penny during the whole celebration. Penny's older sister, Louisa, is equally as infatuated and curious about her little sister.

To be honest, we all adore Penny, and I cannot wait to see how she takes this world by storm, given the chaos that ensued on the night she was born.

*- H. Charles Jelinek, Jr., DDS*



# SUMMER SWIMMING SAFETY

## 3 TIPS FOR SWIMMING IN OPEN WATER



There's nothing like taking a dip in a nearby pond, lake, or even the ocean. For many, it's a summertime tradition. However, swimming in open bodies of water brings certain safety risks, as these environments are not nearly as controlled as public, club, or backyard pools. Everyone should follow these tips to have a fun and safe time cooling off under the summer sun.

**NEVER SWIM ALONE.** When you swim in virtually any body of water, having someone there to keep an eye on you can be a lifesaver: the more people, the better. Stick to bodies of water with a professional lifeguard on duty when possible, though that's not always an option. When swimming in open bodies of water, have a "designated spotter" to keep an eye on the swimmers. This way, you're prepared if anything bad happens. It's also a great idea to keep flotation devices nearby, such as life jackets, life rings, foam boards, etc.

**KNOW WHAT YOU'RE GETTING INTO.** Sometimes, it's next to impossible to see what's under the surface of the water. If you are unfamiliar with a body of water, don't jump or dive in without knowing how deep it is. If you cannot confirm what is under the surface (and the spot is not a known diving location), don't risk it. It may be okay to swim or wade, but jumping is out of the question. Along these same lines, be VERY careful around bodies of slow-moving or standing water. These can house dangerous microbes and other contaminants that can make you ill and potentially be deadly.

**WATCH FOR RIP CURRENTS.** These can occur at any beach without warning. They pull swimmers away from shore and are strong enough that even excellent swimmers struggle to get through them. In fact, rip currents are behind nearly 80% of beach rescues. Keep an eye on the foam at the surface of the water. If it seems to suddenly pull away from the beach, there's a good chance a rip current is lurking beneath. If you find yourself in a rip current, it's crucial to remain calm and avoid expending energy swimming directly back to shore. Instead, try swimming parallel to the shore until you're out of the current.

# Did You Study?

## *What to Expect From a Sleep Test*

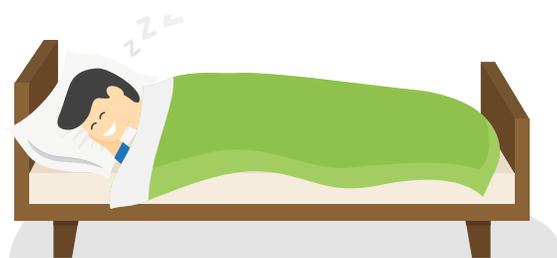
When you suspect a sleeping disorder is preventing a restful night's sleep, there's really only one way to know: a sleep test. These noninvasive tests can be done in a laboratory or at home, and both options have their benefits. For example, results from a laboratory test can be more conclusive, but at-home sleep tests can be more comfortable.

During either test, tracking devices may make it more difficult for you to fall asleep, but, in a laboratory setting, you are invited to keep the same sleep routine you would abide by at home. You can wear your own pajamas, bring pillows or blankets, or use a fan or book to lull yourself to sleep.

The data collected once you fall asleep is vital to diagnosing sleep disorders. In fact, sleep testing can track a number of phenomena and answer many questions, such as the following.

- **What position do you sleep in?** The positioning of your body can influence your breathing, along with muscle and joint pain.
- **What is your maximum and average heart rate?** Your heart overworks itself when you struggle to breathe. It needs oxygen to do its job, but, when you cannot get enough air into your body, your heart jostles you awake.
- **Do you snore?** Snoring is the most common sign of sleep apnea, and measuring the decibels of your snores and minutes spent snoring can tell your doctors a lot.
- **Did you stop breathing?** Snoring is actually a sign of blockage in your airway, which could mean that at some point during the night, you stopped breathing. In addition, experts are monitoring your oxygen levels.
- **Do you have restless leg syndrome?** You have little control over your body while you sleep, so a sleep test is the perfect time to monitor traits you didn't even know you had!
- **Do you grind your teeth?** This can be another symptom of sleep apnea and is harmful to your chompers.
- **How long do you sleep?** While monitoring your brain waves, experts determine how many minutes you actually spent sleeping. Even if you don't notice waking up, your body feels the effects.

A sleep test can be daunting, but its findings are important to ensuring you get the sleep you need each night. Learn more by visiting [NorthernVirginiaDental.com](http://NorthernVirginiaDental.com) or call 703-584-5996 to schedule a consultation.



# Ask Dr. J

## IS SLEEP APNEA HEREDITARY?

Hi, readers! Dr. Jelinek here again. I often get questions from concerned patients who have had parents diagnosed with sleep apnea. These patients worry they could also develop the condition and wonder what they can do.

This answer might be frightening, but it's worth discovering: Yes, sleep apnea is a hereditary condition — sometimes.

When you or your parents are diagnosed with sleep apnea, this should be a red flag to others in your family. For example, despite my 6-foot-3-inch stature, I have a small, thin airway, which means these muscles don't work hard enough to stay open when I lay down to sleep. That's why I wear an oral appliance to open the airway artificially, giving my breathing the boost it needs.

But I'm not alone; this is a trait I inherited from my parents. My father was a horrible snorer his whole life, but he was never diagnosed with sleep apnea. In my professional opinion

and years of expertise, he should have been. Though it was never conclusively discovered, his narrow airway might be the same one I have today.

In fact, studies have found that when a parent or sibling is diagnosed with sleep apnea, the chance of their children or siblings having sleep apnea increases by 50%. Think of it this way: It's not just dumb luck that everyone in your family has brown eyes or jet-black hair. Genetics play a role in that, just like it plays a role in the function of your airway.

However, don't rely on your genetic code for a sleep apnea diagnosis. Obesity, smoking, and alcohol use have all been linked to sleep apnea. For those who are predisposed to the diagnosis, these risk factors can increase their chances.

If left untreated, sleep apnea can have drastic and deadly consequences, but sleep science has created many life-saving and invaluable measures to limit its side effects. I know that without my oral appliance, I would be lethargic, grumpy, and healthier than I am today.

Learn more about sleep apnea, symptoms, and treatment options by visiting [NorthernVirginiaDental.com](http://NorthernVirginiaDental.com) and schedule a consultation by calling 703-584-5996.



## Sudoku

	6			7	9			2
								8
7		3		2				
2	4							
		7						6 5
	9	6	2					
				8				
				4		3	7	
1		9			7			4

*Solution on Pg. 4*

## Juicy Lucy Sliders

Inspired by [FoodNetwork.com](http://FoodNetwork.com)

### INGREDIENTS

- 2 lbs. ground chuck beef, 20% lean
- 8 slices melting cheese (like American, Swiss, Muenster, or cheddar)
- 16 small potato rolls, toasted
- Salt and pepper, to taste
- Your favorite burger accompaniments

### DIRECTIONS

1. Divide beef into 16 evenly sized balls.
2. Rip cheese into roughly equal pieces, creating 16 equal portions.
3. Using your index finger, create a small indentation in each ball.
4. Fill indentation with cheese and pinch meat around to seal. Then gently form balls into 3/4-inch-thick patties. Season patties.
5. Meanwhile, heat a cast-iron skillet to medium-high.
6. Lightly coat skillet with oil and cook patties in batches. Brown one side undisturbed, about 3 minutes. Carefully flip and cook until desired doneness, about 3 minutes for medium.
7. Serve on toasted potato rolls with your favorite accompaniments.



7	1	9	8	5	3	4	6	2
3	2	5	6	4	9	8	7	1
4	6	8	2	7	1	3	5	9
8	3	4	9	1	5	7	2	6
9	5	2	3	6	7	1	8	4
1	7	6	4	2	8	9	3	5
5	8	1	7	9	6	2	4	3
6	4	7	1	3	2	5	9	8
2	9	3	5	8	4	6	1	7

Solution from Pg 3

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# INSIDE

- 1 *Airport Woes and Family Excitement*
- 2 *3 Things Everyone Needs to Know Before Swimming in Open Water*  
*Ace Your Sleep Test*
- 3 *If My Dad Has Sleep Apnea, Will I Get It Too?*  
*Juicy Lucy Sliders*
- 4 *Avoid the Summer Heat Somewhere Cool*

## Chill Out Relax in These Cool Destinations This Summer



As the scorching summer sun beats down, it's hard to remember that just six months ago you were shivering through the winter, whether that meant a chilly 50 degrees F or bitter subzero temperatures. But if cooler temps sound like paradise, and a dip in the pool is no longer keeping you cool, it might be time to take a vacation somewhere chilly. Check out these three destinations to avoid the summer heat.

### ALASKA

No place says chilly quite like Alaska. Trips to Alaska can be expensive during this time of year, but when you step into that crisp air with a cool mountainous view, you'll understand why it's a popular summer voyage. Travelers can choose to fly or take a cruise ship, and many cities feature tourism-packed excursions. A few notable locations include Anchorage, the Kenai National Wildlife Refuge, and Denali National Park and Preserve.

### ICELAND

Just as its name suggests, Iceland can be the perfect destination for travelers yearning to get away from the unbearable summer heat. With temperatures rarely exceeding 60 degrees F — the average high for the country — packing is easy for this relaxing vacation. Take a relaxing dip in one of the country's many hot springs or enjoy tremendous views of the fjords. Even better, you can tour the country at any time because it's sunny almost 24 hours a day. What could be better than a midnight hike around the fourth happiest country in the world?

### NORWAY

Just because it's summer doesn't mean you have to give up your skiing hobby! Venture off to Norway and experience some of their most popular summer ski resorts. After a day or two shredding the slopes, experience the popular Norwegian Opera and Ballet in Oslo or choose between numerous outdoor and indoor exhibitions. Best of all, you won't even break a sweat, as the average temperature in Norway's hottest month barely hits 70 degrees F. Bordering Sweden and northern Finland, Norway can even be the beginning to a cool European tour this summer.