

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

Solution from Pg. 3

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# JELINEK JOURNAL

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## The 11th Hour of the 11th Day of the 11th Month

### WHY VETERANS DAY AND THE NUMBER 11 GO HAND IN HAND

Veterans Day comes every Nov. 11. It's a national holiday that recognizes veterans who served in the United States Armed Forces and honors those both living and deceased. Historically, the day marks Armistice Day and the end of the Great War: World War I. But what is the significance of the number 11?

The armistice was signed at 5:45 a.m. in France, but it took effect at 11 a.m. that same morning — which happened to be Nov. 11, 1918. The armistice originally lasted 36 days but was extended month after month. This led to the signing of the Treaty of Versailles on June 28, 1919, when peace was officially declared.

Later that year, President Woodrow Wilson proclaimed that Nov. 11 would be known as Armistice Day to honor those who fought in the Great War. This lasted until 1954, when President Dwight Eisenhower signed a proclamation turning Armistice Day into Veterans Day.



The change was made in order to recognize *all* veterans who had honorably served their country. By 1954, the U.S. had fought in more wars — specifically World War II and the Korean War — and hundreds of thousands more Americans had served.

Unsurprisingly, there was some political drama surrounding the day. In 1968, Congress made Veterans Day a federal holiday under the Uniform Holiday Bill. The idea was to increase the number of three-day weekends in the year. Veterans Day became a holiday that would fall on the fourth Monday of October, a far cry from Nov. 11.

However, in 1978, Veterans Day was restored to its original Nov. 11 date. But why?

The answer is simple. It's a number that sticks with you. When the clock strikes 11:11, you *always* take notice. By that same notion, we all remember the 11th hour of the 11th day of the 11th month. Because of this, we'll never forget the end of the Great War, nor will we forget those who served.

## LIPS TOGETHER, TEETH APART

### A Subtle Reminder for a Big Issue

If you're a regular patient, you've often heard me say, "Lips together, teeth apart." I probably say it 75 times each day, and that's because I believe it's one of the most important reminders any patient can heed from their dentist (minus flossing regularly, of course).

This month, I want to emphasize this message because we're seeing a strange phenomenon in dentistry right now. We've seen an increase in jaw-related pain and chipped or cracked teeth. The reason why this is happening is painfully obvious. As more people are navigating working from home, coping with constantly changing school schedules, slogging through a politically tense year, and just trying to manage life's daily stress, they are clenching their teeth.

Picture it: How often do you sit hunched at your desk, your shoulders tense, teeth locked tight, as you read through emails or answer your child's numerous questions? The answer: a whole lot more than you think.

FYI: Your teeth should NEVER touch. PERIOD. Your lips should be together and your teeth should be apart. But in moments of stress and/or concentration, people often put their teeth together and squeeze unknowingly. The pressure caused by clenching (holding your teeth together and squeezing) — due to stress or merely concentrating — can result in tension headaches; jaw, neck, shoulder, back, and even ear pain; ear stiffness or fullness; and the list goes on and on.

Clenching should not be confused with grinding or bruxism, which is moving your lower jaw slides side to side or front to back. Clenching is more of a tensing of the jaw muscles, usually with the teeth touching. Unfortunately, it is not until the pain hits or teeth are damaged that we become aware of what has happened.

As I have already mentioned, it is not uncommon for the side effects of your teeth touching throughout the day to appear in many unique ways. Not a week goes by that I don't get a referral from an ear, nose, and throat (ENT) doctor because a patient goes to the ENT doctor and says, "Hey doc, I have an ear infection." The doctor does an exam and sees no signs of infection or inflammation and tells the patient there is no infection. But the patient is adamant that there is an ear problem.

You see the jaw joint (TMJ) is the next-door neighbor to the ear canal and if I treat the jaw issue, often a byproduct of muscle tensing, lo and behold, the ear problem goes away. When you clench your teeth (again, usually unknowingly), you drive your lower jaw back, which places pressure on the ear hole, resulting in pain that mimics an ear infection.



**So, that is why I offer you this not-so-subtle reminder: Lips together, teeth apart!**

As I said, clenching is something most people aren't even aware they are doing! My best advice is to place a sticky note on your computer monitor or to set a reminder on your phone that asks, "Where are my teeth?" With that subtle reminder, you should close your lips and separate your teeth. Soon, you'll break the muscle memory in your face and notice less pain and fewer complications.

This year has been anything but easy for many of us, but taking care of our health and well-being has become one of our top priorities in 2020. By remembering "lips together, teeth apart" you can take a small action that has big rewards for your oral health.

Stay safe, and be well,

*— H. Charles Jelinek, Jr., DDS*

*P.S. Please contact my office today if you have a concerns, get more than one headache a month (this is NOT normal), or have jaw-related pain. We can help you find a solution that works for your lifestyle.*

# Meditation Alternatives

FOR PEOPLE WHO DON'T  
LIKE TO MEDITATE



Meditation is lauded for its health benefits and is often suggested as an effective way to clear the mind, organize thoughts, and reduce stress. Realistically, however, it's not for everyone. In fact, some people don't experience any benefits at all from meditating.

In a recent study published in *New Scientist* about the effectiveness of meditation, researchers confirmed that some people do not benefit from meditation and that about 8% of people who try meditation experience an "unwanted effect," such as an *increase* in anxiety.

If you're not interested in meditation, or it just doesn't work for you, here are some alternative ways to clear your mind and reduce stress.

**GET SERIOUS ABOUT PHYSICAL ACTIVITY.** Aerobic exercises — like walking, jogging, running, cycling, and swimming — are great for clearing your mind and getting your body moving. Really, any exercise that gets the heart pumping and increases your respiratory rate will do. Research supports that aerobic exercise is a great alternative to meditation that yields many of the same benefits.

Exercising outdoors or in nature — especially in new places — enhances these benefits. Because your surroundings are going to be unfamiliar, your mind is more focused, which can help if you're searching for clarity.

**STAY MENTALLY ENGAGED.** Many people achieve clarity, focus, and stress reduction through simple but engaging tasks, such as immersing themselves in an adult coloring book, doing brain teasers, or assembling LEGO sets, which proves they can be effective therapeutic tools or alternatives to meditation. The LEGO Company has actually been developing more products for adults with this sort of research in mind.

But why LEGO products specifically? In addition to being objects you touch and push together, LEGO products come with clear, step-by-step instructions, which make them easy to put together and allow you to focus more on the task at hand. Even if you don't complete the piece in one sitting, working on a project a few minutes a day can be a beneficial way to find a little clarity.

## Actually, You Can't Replace Flossing With a Water Flosser

### Here's Why

Water flossers have long been presented as a just-as-effective alternative to flossing since their invention in the 1960s, but these handy devices are actually not as powerful as the old-fashioned method: string floss.

Water flossers rose to prominence after a dentist, with the help of a patient who was a hydraulic engineer, created a device that uses pressurized water to send a powerful stream of water out of its nozzle. Users can target the stream between their teeth to remove plaque and food debris that is often caked between teeth.

However, water flossers cannot effectively *replace* string floss. The string offers users a tool with which to scrub the sides of the teeth — an area that is most commonly the site (under the contact of adjacent teeth) of cavities in adults — making it far superior to a water flosser, which cannot scrub.

But before you ditch the water flosser, it's important to remember that it does have its advantages. Water flossers can be a great option for those who have grip or mobility issues, which may limit their ability to use string floss. In these cases, a stationary stick with string floss can be an effective option, too. Water-based flossing can also offer relief to those with braces or permanent retainers, as food may get lodged where traditional floss can't reach.

For some people, a water flosser is a tool they use to get them into the habit of flossing. If this process works for you, then try it out! Just be sure to pair water flossing with regular flossing for the best results.

Think of the water flosser as another tool in your arsenal against plaque. For example, it can loosen up food particles to prevent potential pain if it's been a while since you flossed with string. But it's not meant to replace floss; instead, it should be used in *addition to it*.

The bottom line is that when it comes to flossing, you'll never find a better option than the tried and true method that's been proven to clean between your teeth better than any other product. Use string floss or a water flosser *and* string floss, but don't use a water flosser alone.



# Honor Veterans This Month

## DR. JELINEK REFLECTS ON THIS MONUMENTAL HOLIDAY

Hi, everyone. It's Dr. Jelinek here, again.

When I write this article for the inside of my newsletter, I'm offering my own experiences in regard to a dental product or service that has helped me. This month, I want to talk about something that's even more important than oral health.

This November, we will celebrate Veterans Day. As many of you may know, I come from a long line of veterans. I even grew up as an Army brat (child of someone serving in the Army). My story began



when I was worn on Army base at Fort Bragg, North Carolina, and my childhood was spent on military bases across the U.S.

My father, brother, brother-in-law, and I all went to West Point, the United States military academy. Afterward, we completed our five years of mandatory service on various bases across the nation, and my father made his career as a lifelong serviceman. I have a nephew who went to the Coast Guard Academy, and his brother went to the Air Force Academy. And my son-in-law was an active duty Marine and is now in the reserves.

I'm very proud of the legacy and history of service that courses through my family tree. I was honored to follow in my father's footsteps at West Point, and I'm an active alumnus to this day.

Growing up in a military family, I had an extra appreciation for the freedoms we enjoy every day. I knew that if it hadn't been for men and women like my father, I wouldn't be able to follow my dreams of helping others through dentistry. Our nation is

great because our military members have stepped up to sacrifice time with their loved ones, personal freedoms, and sometimes their very lives.

As a veteran and former Army brat, every day is Veterans Day, but as we celebrate this Nov. 11, **I want to encourage you to thank a veteran for their service, volunteer or donate to a veterans organization or group, or reflect on the origins of this day and service by learning more about its history.** These simple actions mean more to us than you could ever know.

Thank you to those of you who have served our country. I salute your service, and I am honored to share this designation with you. Happy Veterans Day.

— H. Charles Jelinek, Jr., DDS



## Sudoku

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

Solution on Pg. 4

## Cinnamon-Spiced Candied Sweet Potatoes

These candied sweet potatoes will make your family beg for more!

### INGREDIENTS

- 4 lbs orange-fleshed sweet potatoes, peeled and cut crosswise into 2-inch pieces, then cut lengthwise into 1-inch wedges
- 1 cup light brown sugar, packed
- 1 tbsp kosher salt
- 1/4 tsp ground cloves
- 1/4 cup unsalted butter, cubed
- 4 (2-inch) cinnamon sticks

### DIRECTIONS

1. Preheat oven to 350 F.
2. Place sweet potato wedges in a 4-quart baking dish.
3. Sprinkle sugar, salt, and cloves over sweet potatoes.
4. Dot with butter and place cinnamon sticks around sweet potatoes.
5. Bake, turning every 15 minutes, until sweet potatoes are tender and the liquid is syrupy, about 1 hour and 15 minutes.
6. Remove from the oven and let stand for 10 minutes.
7. Discard cinnamon sticks and serve.

Inspired by FoodAndWine.com