

# JELINEK JOURNAL

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www.NorthernVirginiaDental.com

## WE ARE OPEN!!!!

### *MIT Researchers: You Can Visit the Dentist Safely!*

We are so excited to tell you we have been open since early May ... and **THINGS HAVE BEEN GREAT!**

Many, many patients who have been into the office recently quickly observed that our office is strictly following regulations from the Centers for Disease Control and Prevention (CDC), the Virginia Dental Association, and the American Dental Association. In addition, these patients have come to understand what I have always preached: **YOUR DENTAL HEALTH IS TOO IMPORTANT TO IGNORE AND PUT OFF.**

In this newsletter, I will share two studies that support my stance. I believe creating a safe, efficient practice starts with changing the attitude around dental care, and I want to offer you these studies to help you understand why it's **safe and vital** for you to come to the dentist.

From January 2019 to March 2020, researchers from MIT collected anonymous cell phone location data from 47 million cellphones across the country. They used this data, along with other data from the Census Bureau, to get a sense of which businesses are truly the most essential in the U.S. They also looked at the likelihood of crowding in various businesses to get a sense of how safe these businesses could be if they opened during the COVID-19 pandemic. Banking institutions won the top slot for safety, ranking the highest due to their importance in keeping the economy running and ability to stay uncrowded.

However, dental practices were not far behind banks. **Dentist offices were seen as the second safest type of business — behind banks — to open their doors during the COVID-19 pandemic.** The sterile location, relatively low contact with other people, and high demand for the public to regularly see the dentist to maintain overall and oral health were important factors in earning dental offices second-place on the list of most important businesses to safely open during the pandemic. Fast Company, who reported these findings in June, encouraged readers to visit their dentist because of the very low risk.

To come to this conclusion, researchers used the cellphone data to identify six million unique venues that users visited during this time period. From that, researchers identified 26 industries — 57% of the six million visits were to businesses in only 26 industries — that are the most commonly attended businesses and services in the U.S.



In addition to cell data, the researchers used payroll, revenue, and employment data from the U.S. government to appropriately measure how valuable the industries they had chosen were to the economy and general function of the country. About 1,100 participants were also asked to evaluate their preferences on the different businesses to supplement this data.

Our goal has always been to ensure your safety and protection, and we're proud to work in an essential industry. **Don't put off dental care any longer. Call 703-560-8700 today to schedule your appointment. WE MISS YOU!**

*— H. Charles Jelinek, Jr., DDS*

# Tongue Talks

GET TO KNOW YOUR TONGUE'S HEALTH AND HOW YOU CAN KEEP IT STRONG



You may not always think about it, but your tongue does a lot for you. Speaking is possible thanks to the flexibility of your tongue, summers would be infinitely less fun without licking ice cream cones, and you have your tongue to thank for tasting your favorite foods. Given the tongue's proximity to the teeth, you have ample opportunity twice each day to give it the love it deserves, yet many people don't even think about cleaning this powerful little body part.

Just like your teeth and gums, bacteria and plaque can build up on your tongue. This can lead to infections, inflammation, bad breath, and even fungus growth. Unfortunately, cleaning your tongue isn't as simple as washing down your dinner with some water. Similarly to your teeth, bacteria and germs can hide long the little grooves of your tongue's papillae — thin spots on your tongue commonly referred to as "taste buds." To combat this, Dr. Jelinek recommends cleaning your tongue at least once each day with your toothbrush. Tongue scraping with a small device can also be beneficial, but you must be consistent in order for this action to be effective.

One of the most common conditions that can come from not cleaning your tongue frequently is bad breath. This occurs when the bacteria are not quickly removed from your tongue's surface. As Dr. Jelinek explains, most chronic bad breath diagnoses have a lot to do with the tongue.

In addition to common conditions, the tongue can also show signs of a more serious problem. A really red tongue could be a sign of a vitamin B deficiency. This powerful nutrient is used by your body to keep your nerves and cells happy and healthy. The tongue can also become discolored or patchy when you have strep throat or scarlet fever, bacterial overgrowth, or a reaction to tobacco-overuse. (Those who are longtime smokers or tobacco users may find their tongue has a yellowish tint.)

Meanwhile, a healthy tongue is much simpler to spot. The tongue should be pink in color with small bumps (the papillae). You can keep your tongue this way by regularly cleaning it each day with a toothbrush or using a scraper.

If you notice a defect on your tongue, or if you would like help choosing the right tongue scraper, call our office to schedule your next appointment!

## It's Time to Return to the Dentist

*Don't Put Off Dental Care Any Longer!*

Imagine a pothole on the road. It starts as one dent in the asphalt, and with every bump, freezing winter, or freak accident, it slowly starts to expand and deepen. The city promises they will fix it next year, when they have more time and money. There are more pressing matters, they claim. So, the pothole stays, and it grows and grows and grows... until something serious happens. Maybe it's an accident that leaves people gravely injured. Maybe the hole causes a tanker to spill toxic materials into the earth.

Regardless, the problem is now much bigger than it would have been had the city fixed the pothole almost immediately. **You can think of your mouth the same way.**

As the COVID-19 pandemic made landfall in the U.S., many businesses shut their doors and people hunkered down in their homes for an unprecedented safer-at-home lifestyle. We let soccer practices, dental appointments, music lessons, and many other appointments go to limit the spread of a disease we knew very little about. While necessary at the time, the result of this lockdown has left many patients questioning whether they should go back to the dentist or not.

A Washington Post article from early July 2020 asked experts to name the top medical tasks Americans should resume. These included cancer screenings, blood tests, emergency room visits, physical therapy, and — you may have guessed it — dentist appointments.

In the article, endodontist Chad Gehani, who is also the president of the American Dental Association, reminded readers that dental issues don't often have obvious symptoms. Without regular appointments, these issues can fester and cause painful and costly damage.

As Gehani further explained, those in the middle of treatments as the pandemic hit may also face problems without getting proper care as soon as possible. For example, those who are in the middle of crown treatment or teeth-straightening regimens run the risk of teeth shifting out of proper alignment. Gehani was quoted saying, "Generally, with any dental procedure, if you start and don't finish, it will create more of a problem. The longer time you wait, the more complexity you can generate in the mouth."

If it's been a while since we've seen you, don't risk putting off dental care any longer. Call 703-584-5996 to schedule your appointment today.



# Tech for Teeth

## WHY THE ELECTRIC TOOTHBRUSH IS FAR SUPERIOR TO MANUAL BRUSHING

When it comes to choosing the right toothbrush for your mouth, looking for the American Dentistry Association seal of approval is the best way to distinguish a great toothbrush from a subpar one. But then, how do you choose among the best of the best? For Dr. Jelinek, there's really only one option: an electric toothbrush.



With an electric toothbrush, the possibility of human error is nearly eliminated. Small motors push and rotate bristles around the tooth's surface, often scrubbing hard without being too aggressive. In 2012, researchers discovered that manual toothbrushes prompted users to scrub their teeth too hard, which can effectively wear down protective gum lines and cause teeth sensitivity. Because of the steady, strong motion of an electric toothbrush's bristles, studies have found that electric toothbrushes are far more effective than their manual counterparts.

A 2014 study found that electric toothbrushes can reduce plaque buildup by as much as 21% and gingivitis — gum inflammation — occurrence by 11%. These numbers are staggering, especially for patients who suffer from gum sensitivities or struggle with limited mobility and function of their hands or arms.

While the functionality of an electric toothbrush already advances it above the manual toothbrush,

the technological aspect far outpaces any benefits of a standard brush. For example, Dr. Jelinek has been using Sonicare toothbrushes for the past 20 years, and one of his favorite features is the time-per-quadrant standard. Your mouth can be broken into four quadrants, including the upper right, lower right, upper left, and lower left sections. Dr. Jelinek's Sonicare brush will alert him after 30 seconds of brushing one quadrant that it's time to move onto the next. This means Dr. Jelinek knows he is brushing his teeth for the recommended two minutes!

Imagine how much healthier your smile could be with a simple swap? Learn more about the best toothbrush brand for your smile at your next dental cleaning appointment. Schedule yours by calling 703-584-5996.



## Sudoku

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

*Solution on Pg. 4*

## No-Churn S'mores Ice Cream

*July is National Ice Cream Month, so why not cool off with some sweet, homemade s'mores ice cream? You don't even need an ice cream churn!*

### INGREDIENTS

- 14 oz sweetened condensed milk
- 2 tsp vanilla extract
- 10 graham crackers, crushed
- 1 chocolate bar, chopped
- 2 cups whipping cream, chilled

### DIRECTIONS

1. In a large mixing bowl, combine sweetened condensed milk, vanilla extract, graham crackers, and chocolate.
2. In a separate bowl, use an electric mixer to beat whipping cream until peaks form, about 3 minutes.
3. Fold whipping cream into the condensed milk mixture. Transfer ice cream to a freezer-safe container, cover, and freeze for at least 8 hours.
4. Serve and enjoy on a hot summer day. It's especially delicious in a waffle cone!

*Inspired by GrainChanger.com*

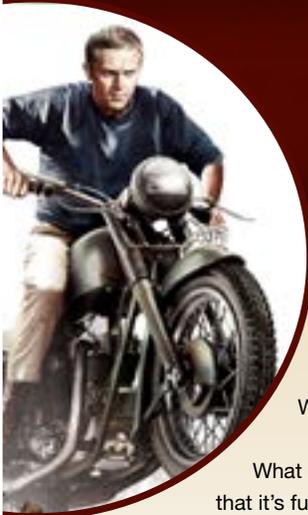
9	1	3	5	7	2	6	8	4
2	6	8	9	3	4	1	7	5
7	4	5	6	1	8	9	2	3
3	5	1	8	6	9	7	4	2
6	2	4	7	5	1	8	3	9
8	7	9	4	2	3	5	1	6
1	9	6	3	4	7	2	5	8
5	3	2	1	8	6	4	9	7
4	8	7	2	9	5	3	6	1

Solution from Pg. 3

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# INSIDE

- 1 *Come See Us! We Are Open!*
- 2 *Keep Your Tongue Healthy and Strong With This Guide*  
  
*The Dangers of Continuing to Put Off Dental Care*
- 3 *Opting for an Electric Toothbrush May Be the Best Decision You Make for Your*  
  
*Homemade S'mores Ice Cream*
- 4 *Inside the Biggest Escape Attempt of WWII*



## 'The Great Escape'

*The Daring True Story of an Allied Getaway During WWII*

What do Steve "The King of Cool" McQueen, Richard Attenborough, and James Garner have in common? They all starred in the 1963 World War II classic "The Great Escape."

What makes the movie amazing to watch isn't just that it's full of legendary stars like McQueen and Garner or the fact that the action sequences were filmed using practical stunts, not special effects. What makes it truly incredible is that this story actually happened.

Based on WWII veteran Paul Brickhill's book, "The Great Escape" depicts a group of Allied officers as they attempt to escape from Stalag Luft III, one of the most heavily reinforced prison camps under German watch. Loose sand, raised prison housing, and seismographic microphones were all meant to deter prisoners from digging their way out.

But one prisoner wasn't discouraged. Squadron Leader Roger Bushell saw these factors as obstacles to overcome rather than inescapable conditions.

And in the spring of 1943, he initiated a plan to get himself and 200 of his fellow prisoners out of the camp.

During the next year, over 600 prisoners helped with the effort of digging tunnels underneath Stalag Luft III. They had to be deep enough that the microphones couldn't detect them and long enough to reach outside of the camp's walls. On a chilly night in 1944 — a year after the endeavor began — one tunnel was finally ready, and the prisoners began their exit.

In all, 76 Allied men managed to escape from Stalag Luft III. While freedom was short-lived for some, the escapees were successful in redirecting Nazi efforts from the front lines. And as veteran Jack Lyon said of the escape, "It did do a lot for morale, particularly for those prisoners who'd been there for a long time. They felt they were able to contribute something, even if they weren't able to get out."

For the rest of the story, you'll have to watch the movie or read the book. You can watch "The Great Escape" on Amazon Prime, and you can find Brickhill's daring tale at most book retailers.