

JELINEK JOURNAL

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SAY THANK YOU

A Poignant Reminder From a Veteran This Memorial Day

May is a busy month. From Mother's Day to weddings to graduation season, many of us have reasons to celebrate each May, while quirkier celebrations like Star Wars Day (May the 4th Be With You) and National Hamburger Month keep it light and fun. But the most important holiday of May is one that many of us tend to forget about — given that it creates a three-day weekend and marks the "unofficial start to summer."

Memorial Day means so much more than a start to summertime, and as a veteran with a long line of military family lineage, I want to implore you to spend a few moments this Memorial Day reflecting on the value and importance of this great holiday.



Many readers know that I'm a proud United States Military Academy West Point graduate, but I'm not the only member of my family to graduate from this prestigious institution and serve in our nation's military. My father, brother, and brother-in-law all graduated from West Point, too. My father would go on to serve in the Army for 30 years. He was a paratrooper and served two tours in Vietnam.

My son-in-law (Sean), who is married to my daughter Amanda, is in the Marine Corp Reserves and recently told me that he would be promoted to Major in the near future! I have an uncle (my father's brother) who was a Marine and my father's other brother served in the Navy. Furthermore, one of my nephews went to the United States Air Force Academy and eventually flew jets over Afghanistan, while his brother attended the United States Coast Guard Academy.

My grandfather, who didn't serve in the military, served his country in a different way. He owned a hardware store in Nebraska during World War II, and when he discovered that the ammunition plant just down

the road from his shop was open every day, including Sunday, to support the war effort, he felt compelled to do the same to support the ammunition plant. He only closed his shop for a few hours of fishing on Sunday afternoons. That was Grandpa's way of serving his country.

I'm proud of the way my family has served this nation. Whether you're a conservative or liberal, we can all agree that respect for our nation's armed forces is a must. We have so many freedoms in this country that others across the globe wish they could have, and those freedoms are made possible because of the defense provided to us by our nation's military members. Our country wasn't always as welcoming and supportive of our veterans. As a teenager, I can remember watching the Vietnam veterans come home to shouts of hatred and being spitting upon. It was appalling, and I think we can all agree that no veteran should ever be treated that way.

Memorial Day is a holiday intended to honor the men and women of the world's greatest military who gave the ultimate sacrifice for the sake of their country. Whatever side of the aisle you're on or however you choose to spend this Memorial Day weekend, take a few moments to appreciate the sacrifice of those who died for this country and those who have or continue to serve today. In fact, I know veterans never grow tired of hearing people thank them for their service.

If you want to show your appreciation for the freedoms you enjoy today, thank a veteran. Thank you to those who have served.

- Chuck



GET FIT WITH YOUR FAMILY

5 Easy Ways to Get Everyone Moving

May is National Physical Fitness and Sports Month. As a parent, you probably know exercise is important for your children's physical development. It helps build healthy bones, muscles, and joints and reduces the risk of developing diabetes and other diseases later in life.

But did you know that physical activity also has many mental and behavioral health benefits? It's been shown to improve children's cognitive skills and concentration, boost their self-esteem, and reduce symptoms of stress, anxiety, and depression.



One of the best ways to encourage healthy behaviors in your children is by modeling them yourself. Studies have found that more than 80% of adolescents and adults are not getting enough aerobic activity, showing that children often follow in their parents' footsteps and that exercising together can benefit everyone.

You may be thinking it's hard enough just to get yourself to the gym, but Stephen Virgilio, author of "Active Start for Healthy Kids," encourages parents not to limit themselves to traditional forms of exercise. Instead, think of exercise more broadly as "leading an active lifestyle." And remember that exercise can be fun and a great way to get in more family time.

Here are five easy ways to incorporate more movement into your family's day.

- 1. Create a walking ritual.** Start walking around the neighborhood before or after dinner each night. Aim for a 20-minute stroll.
- 2. Have a dance party.** Clear some space in the living room, make a playlist with everyone's favorite tunes, and boogie down for as long as you have the energy.
- 3. Turn chores into games.** Dirt has invaded from outer space and must be eliminated. Set the scene with your kids, grab your tools, and get to work removing the enemy while having fun.
- 4. Incorporate simple exercises into screen time.** Start by making up fun names for exercises like situps or jumping jacks. Then, challenge each other to see who can do the most during your favorite show's commercial breaks.
- 5. Get fit in the great outdoors.** Cleaning up the yard, planting and maintaining a garden, or just running around outside are all great ways to get in more movement.

Why I Say 'Lips Together, Teeth Apart'

Confirmation From an ADA Study

Hi, everyone! Dr. Jelinek here, again. I want to share the results of a recent American Dental Association (ADA) study because it highlights the reasoning behind one of the biggest reminders that I offer my patients. It's something I say at least 100 times each day!

In March 2021, the ADA released its findings from ongoing surveys of dental practices across the U.S. They found that 70% of the dentists they surveyed saw an increase in patients seeking relief or treatment from teeth grinding and clenching. This number is a 10% jump from fall findings, and, as the ADA points out, may be indicative of stress. Furthermore, about 60% of the dentists also saw an increase in chipped and cracked teeth and TMJ disorder symptoms, including headaches, jaw pain, aching, and difficulty chewing. Once again, this may be stress-induced.

Marko Vujicic, the chief economist and vice president of the ADA's Health Policy Institute, explains that these findings serve as a lens for viewing the effects of the ongoing pandemic. "The increase over time," Vujicic is quoted as saying to the ADA, "suggests stress-related conditions have become substantially more prevalent since the onset of COVID-19."

We often clench or tighten in moments of stress — as we have seen regularly throughout this pandemic. This can result in increased instances of grinding or jaw pressure, tooth chipping and cracking, and jaw joint-related pain. When the stress is magnified or prolonged, the results of the ADA survey are to be expected.

However, there is one solution you can try that will not only relieve the pressure from your teeth but also provide you a clear reminder to relax. Throughout the day, remind yourself of the following phrase I often say: "Lips together, teeth apart!"

When not in use, your teeth should never touch during the day! By having your teeth touch, you have to activate muscles, that should otherwise be resting. You might want to set a Post-It on your computer monitor to remind yourself to keep your lips together and your teeth apart. Having your teeth touching throughout the day can lead to many side effects. Those side effects could include headaches, jaw pain, neck pain, migraines, shoulder pain, and the list goes on and on. Removing the tension in your jaw by keeping your teeth apart on a regular basis can quite literally remove the tension in your life. Try it out, and you will see just how much better you feel.

Many people believe their teeth should be touching during the day. Nothing could be more from the truth. **Lips together, teeth apart.**

If you have additional questions about your oral health or best daily practices, please visit NorthernVirginiaDental.com.

— H. Charles Jelinek, Jr., DDS

Does My Pillow Impact My Sleep Apnea?

Busting the Myth That Pillows Can Improve Your Airway Disorder

If sleep apnea affects you — or you suspect that your partner has sleep apnea because of their snoring and/or fatigue — then you may have wondered if a pillow can impact the sleep apnea.

That line of thinking is actually wrong! (Mostly.)

Sleep apnea is the result of an anatomical obstruction of your airway. The structure of the airway may not be conducive to proper airflow as you lie down, so the treatment has to be anatomical — not environmental, like a pillow. Instead, a custom oral appliance keeps the jaw from dropping back hence your tongue from dropping back and thus keeps your airway open. It's all about the anatomy of your airway.

The Right Position

We all have the “sweet spot” in our beds, but if you struggle with sleep apnea, side sleeping is one of the best ways to sleep. Either side is beneficial, but some research does suggest that sleeping on your left side is the best option for overall health impacts. Stomach sleepers can also rejoice because this position is safe for those with sleep apnea.

Sleeping on your back is the one position you should avoid if you have sleep apnea. In this position, as your tongue and facial tissues relax, they fall into your airway as gravity pulls your tongue into your throat. This can lead to snoring and the obstruction of sleep apnea.

It's all about the airway anatomy and how easily the airway relaxes/collapses as you go into sleep. My airway collapses very quickly, almost immediately as I go into sleep. And hence, I have moderate sleep apnea.

When it comes to treating sleep apnea, proper treatment with a fully-customized oral appliance and, for some people, sleeping in the right position can greatly help in their sleeping efforts.

Learn more about your sleep apnea options and schedule a consultation by visiting our website at NorthernVirginiaDental.com.



Sudoku

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

Solution on Pg. 4

Grilled Corn With Plant-Based Aioli

Looking for a dish that's sure to please multiple palettes? Look no further than this tasty take on grilled corn.

INGREDIENTS

- 4 ears corn, unhusked
- Sea salt, to taste
- 1 clove garlic
- 1/2 cup raw spinach
- 1/4 cup unsweetened soy milk
- 1/2 cup sunflower oil
- 1 tsp apple cider vinegar

DIRECTIONS

1. In a large pot, boil corn for 30 minutes.
2. In a large blender or food processor, add garlic, soy milk, sunflower oil, vinegar, and salt. Combine until smooth by pulsing the blades.
3. Once the aioli mixture is blended, add raw spinach and blend again.
4. Drain corn and transfer to the grill for 10 minutes, rotating as necessary.
5. Taste aioli for consistency and flavor. Add more milk or oil to thicken it and add more salt to taste.
6. Top corn with aioli and serve.



Inspired by SimpleVeganBlog.com

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

Solution from Pg. 3

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

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Does Float Therapy Really Work?

SWIM INTO THE LATEST HOLISTIC HEALTH TREND

The tank is white, shiny, and oblong — just big enough for a human to lie down in. When you open it, eerie blue light pulses out along with steam from the water inside. A calm voice from over your shoulder tells you to step in. Would you do it?

That image probably brings to mind an alien pod from an outer space movie, but it actually describes a real-life spa treatment here on Earth: float therapy. The concept of float therapy is as simple as it sounds. You step buck naked into a sensory deprivation tank filled with a foot of heavily salted water. Then you lie down, close your eyes, and someone else shuts the lid. You're encased in complete womb-like silence and darkness. That's when restricted environmental stimulation therapy (REST) can begin.

Dr. John Lilly, a neuroscientist studying sensory deprivation, pioneered float therapy in 1954. Today, it's gaining traction as a popular holistic health treatment, perfect for those who prefer to unwind in isolation. The health benefits supposedly include relaxation, pain reduction, creativity, and better



sleep. John Lennon, Jeff Bridges, Elle Macpherson, and even Homer and Lisa Simpson are fans — but does hanging out in a tank really live up to the hype?

In 2004, a survey of 27 studies published in the journal *Psychology & Health* found that “REST has positive effects on physiology (e.g., lower levels of cortisol, lower blood pressure), well-being, and performance.” The survey's authors called float therapy a “useful stress management tool.” More recently, a 2014 pilot study with 65 participants found that those who enjoyed 12 float therapy sessions over seven weeks experienced significantly decreased stress, depression, anxiety, and pain. They were also more optimistic and slept better than a control group of nonfloaters who had “no significant results” over seven weeks.

That particular study relied on questionnaires, so it's possible some of the benefits were due in part to a placebo effect. However, in the stressful times we're living in, even *imagined* relief might be worth the \$50-\$100 it costs for a float session. To find a float therapy site near you and judge for yourself, visit FlotationLocations.com.