

JELINEK JOURNAL

703-584-5996

www.NorthernVirginiaDental.com

A SUPER SPECIAL FATHER'S DAY

Spending Quality Time With My Girls

As the father of two adult daughters, I could not be more proud of who they have become. My oldest daughter, Amanda, is a patient, caring teacher to kids with profound disabilities and a doting aunt to her two nieces. She's getting married this upcoming January to a wonderful guy who is obtaining his Master of Business Administration overseas and serving in the Marine Corps. Her younger sister, Sydney, has taken to motherhood like a duck to water, and, her latest addition, little Penny, has been a joy. Watching Sydney take on parenthood makes me so proud of the example she is setting for her two little girls.

It's been about 12 years since my wife and I had children living in our home. We enjoy our empty nester lifestyle, and every gathering with our kids and their families is fun and exciting. These days, our conversations are often different than the ones we were having when they were little girls. Today, it's about their jobs, kids, and future goals. It's not often that my wife and I just have our two girls at home with us.

But this Father's Day, we had just that! (Kind of.)

Sydney and Kelan made their way from Richmond to our home to drop off their eldest daughter, Louisa, before driving up to New Jersey for a wedding. At the last minute, they discovered that not only did the bride and groom request children not be brought to their wedding, but they also specified not to bring babies, either. Since Kelan was in the wedding, he had no choice but to go. So, instead of joining him, Sydney stayed behind with the girls, my wife, and me.

Amanda joined us, too, and we had the perfect Father's Day weekend doing nothing special in particular. We relaxed, took our granddaughters to the park, enjoyed a Father's Day brunch, and ate way too much food. It was nothing grandiose; in fact, to those from the outside looking in, it was pretty mundane. But it was extremely special for us all. We love our sons-in-law, but this was a unique opportunity for my wife and me. We had

conversations as a family about things we hadn't talked about in years! It was a truly special and great change of plans.

Our lives as empty nesters have shifted a little more, too. This June, Amanda moved back in with my wife and me, so she can save money leading up to her wedding this upcoming January. Since the lease in her apartment ended and her fiancé is overseas, Amanda needed a place to crash in between leaving her apartment and finding a new home where she and her husband can start their new lives.

Now, 12 years is a long time to go without having a kid in the home, and, while Amanda is a grown woman, it's going to be interesting to see what these next six months bring. I'm excited to spend this time with her because if there's anything that this "not so super special" Father's Day taught me, it's that moments like these *can* be super special.



— H. Charles Jelinek, Jr., DDS

THE ART OF STARGAZING

HELPING HUMANS SLOW DOWN AND LOOK UP



Modern humans are stuck in a routine of expected and constant industriousness. But with all this rushing, people often drag themselves home at night with no energy left to enjoy the most splendid show nature has to offer: the wondrous night sky.

Most people go through life looking straight ahead, but if they would stop and peer skyward, they'd bear witness to a massive, unexplored frontier made up of the moon in all its phases, burning stars sailing through the sky, constellations with epic origin stories, and meteor showers bright enough to warrant sunglasses. If you're looking for a hobby to help you slow down and appreciate the world around you, stargazing is a great option. Here are some tips to get you started.

- 1. THE HIGHER, THE BETTER** If you're a city dweller, meander a little way out of town or try to find a tall building to keep the light pollution to a minimum.
- 2. EXTRA SET OF EYES** While novice stargazers often want to immediately throw their money at a new telescope, astronomy experts recommend starting with binoculars instead. You'll need to identify several anchor planets or constellations to help you navigate the sky before using a telescope.
- 3. UTILIZE ASSETS** Put your phone to good use by downloading apps like Stellarium, Starwalk, and Google Sky Map. Each of these apps offers a unique benefit for aspiring stargazers. For example, Starwalk lets you point your phone at the sky to see stars, constellations, and planets in real time based on your location.
- 4. MARK YOUR CALENDAR** In 1972, beloved singer-songwriter John Denver wrote about a meteor shower he witnessed during a camping trip in Colorado. He describes the scene by singing, "I've seen it raining fire in the sky." The "fire" he recounted was actually the Perseids meteor shower, the most recognized shower on Earth. This astrological wonder takes place every year from July 17 to Aug. 24. During this time, viewers should be able to see shooting stars associated with the Perseids, but the shower reaches its maximum rate of activity on Aug. 12-13 this year. Grab some friends and family, and head outdoors to put your newfound stargazing knowledge to work.

TMD and Your Body

How Your Jaw Pain Can Influence Your Well-Being

Your mouth is powerful. It allows you to enjoy your favorite treats and chat with friends. It's the main gateway to the rest of your body, but it also leaves you susceptible to disease and pain. Those living with temporomandibular joint dysfunction (TMD) know exactly what this means.

When you have TMD, the pain in your jaw can be insurmountable. You may struggle to eat the foods you love or to chat with your friends, but there are many components of your body that can be influenced by TMD.

Let's start with the obvious: your teeth. Because TMD affects your jawbone, it's only natural that teeth, which are anchored to the bone, can feel the effects of its dysfunction. In fact, many patients see the dentist for symptoms of an abscess or toothache only to discover their jaw joint has been compromised.

In addition, TMD pain can travel to the ears. Patients may visit their doctor convinced they are suffering from an ear infection and are often shocked to leave with a dental recommendation instead of a prescription. This pain can also appear as a constant buzzing or ringing in the ears.

If you haven't caught onto the theme yet, your face is very connected, and any pain you feel in your jaw can translate to pain elsewhere, including your eyes and your throat. As such, symptoms of TMD can include light sensitivity, tension behind the eyes, and bloodshot eyes. It may feel like your eyes are bulging out of your skull. And if you are constantly clearing your throat, your TMD may be to blame.

Headaches in your temples, forehead, neck, back of your head, and near your sinuses can also appear with TMD pain. This pain can worsen your TMD flare-ups and can also translate into shoulder and neck pain.

It can be overwhelming when you realize how TMD influences the remainder of your body. But there are variable treatment options, outside of surgery, that can target the source of this pain, and the treatments are created to fit into any lifestyle. **Learn more about these options by visiting our website at NorthernVirginiaDental.com or calling 703-584-5996.**



Hurtful Habits

EVERYDAY ACTIVITIES THAT EXACERBATE TMD PAIN



Living with temporomandibular joint dysfunction (TMD) doesn't have to change your life. Many people with the condition still live long, happy, healthy lives, even if it requires minor tweaking of daily habits. Adjust the following habits for a healthier and pain-free life with TMD.

OVERWORKING YOUR JAW

If you had too much garlic at lunch or have a late-afternoon sweet tooth, popping a piece of gum is a great solution, but when you live with TMD, this can cause additional flare-ups and pain. Instead, keep the hinging motion of your jaw tight and limited when you yawn. Large or tight yawns can displace your jaw and cause

more pain. Be mindful of how often you move and use your jaw to prevent overworking, which can exacerbate your pain.

LIPS TOGETHER, TEETH APART

As we get stressed or as we concentrate, our bodies tend to tighten up. Oftentimes, one will put their teeth together in a clenching fashion without realizing it. "Lips together, teeth apart," is a handy jingle Dr. Jelinek created to remind patients of the position of their jaws during these times of stress. Throughout the day, your mouth should be closed, but your teeth should not be touching. If you find that your teeth are together, separate your teeth and slide your tongue between your teeth — you won't bite it. This handy trick will serve as a reminder to keep your teeth apart to help your jaw relax when it's not being used. Spot-checking the position of your teeth is a great way to monitor your unconscious daytime clenching.

SIT UP STRAIGHT

As you learned on Page 2 of this newsletter, TMD can influence just about every part of your upper body. (And if you haven't read our article on how TMD impacts your overall wellness, check it out!) This also means how you sit and position your upper body can influence your jaw bone. Proper spine alignment and sitting up straight can give your jaw the best possible positioning for proper function. Set alerts on your phone or watch to remind yourself to correct your posture throughout the day. It is amazing how many TMD issues are resolved with proper posture.

TMD pain can be unbearable, but your daily habits can influence this pain. **To learn more about tips and treatment options, schedule a consultation with H. Charles Jelinek, Jr., DDS, or visit NorthernVirginiaDental.com.**

Sudoku

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

Solution on Pg. 4

Roasted Corn Salsa

Inspired by Bon Appétit magazine

INGREDIENTS

- 2 medium ears of corn, shucked
- 1 jalapeño or Fresno chile, seeded and thinly sliced
- 1/2 red onion, diced
- 1 large tomato, cored, seeded, and finely chopped
- 1/4 bunch cilantro leaves, sliced
- Juice of 1 lime
- Kosher salt, to taste

DIRECTIONS

1. Heat a cast-iron skillet to high. Char corn, turning occasionally, for 10–14 minutes until kernels begin to blacken in spots.
2. Using a sharp knife, remove corn kernels from cobs and transfer to a large mixing bowl.
3. With a wooden spoon or potato masher, gently crush corn to release starch and juices.
4. Add jalapeño, onion, tomato, and cilantro. Mix to combine.
5. Top with lime juice and season with salt.
6. Serve alongside your favorite tortilla chips.



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

Solution from Pg. 3

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE

- 1 *A Unique Father's Day*
- 2 *The Art of Stargazing*
Your Jaw Joint's Health and Your Overall Health
- 3 *Live Pain-Free With These Tips for Your Jaw*
Roasted Corn Salsa
- 4 *Preparing Your Gear for Winter*

Storing Your Summer Gear Preparing for Next Year



Although winter seems like a distant prospect, it will be here before you know it. While many people are sad to see their summer clothes and gadgets get stored away until next season, it's a good idea to start planning now. Taking the time to properly pack away summer gear is beneficial and can save you from unneeded worry next year.

WHY IT'S IMPORTANT TO STORE SUMMER GEAR

Properly organizing and storing your summer clothes will help them last longer and prevent you from aimlessly rummaging when searching for that perfect fall sweater or blouse. Likewise, when you cover your patio furniture and tuck your bicycle and tools away, they are less likely to be damaged by animals or any harsh winter weather.

STORING SUMMER ATTIRE

Consider purchasing plastic storage tubs or boxes to put your clothes in. If you're storing dresses, skirts, or any fancy clothing, plastic or nylon garment bags will help prevent them from getting dirty and wrinkly.

Before you start piling your clothes in, be sure to wash and completely dry them. This helps prevent mold or mildew and keeps your clothes looking new when it's time to take them out again. Also, it can be a good idea to place cedar sachets in with your clothes and around the neck of your hangers; the wood will keep away pesky insects without leaving bad smells behind.

STORING YOUR SUMMER GADGETS

Outdoor items are more likely to get damaged as they endure the elements. When you're storing rakes, shovels, or any other garden tools, make sure they're washed, dried, and sharpened before putting them into your shed or garage. Patios should be cleaned off and given a fresh coat of wax, and outdoor furniture should be dusted, cleaned, and covered to keep the frost, snow, and rain off.