

JELINEK JOURNAL

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WEDDINGS, PUMPKINS, AND BIRTHDAYS

The Good in 2020

As we prepare for next year, it can be difficult to look back at 2020 and find good moments. And yet, there *were* good times in 2020, even in the midst of a pandemic, a rancorous election, and natural disasters.

My family started the year with a big wedding celebration for my daughter Amanda and her husband, Sean. They married in January, and we spent all night on the dance floor! (We love to dance.) It was a beautiful way to start off a year that came to take us all by surprise.

Amanda and Sean planned to live with Marilyn and me as they began their new lives together, but none of us were expecting that stay to extend the way it has. They have been living with us for nearly a year now, and it's become a blessing in disguise. I have spent more quality time with Marilyn, Amanda, and Sean, and the four of us love our Saturday game nights. Whether it's Skip-Bo, Ticket to Ride (numerous versions), or spades, the competition is intense. It's a small tradition that's been borne out of a year that's found us in our home with unexpected extended guests, but it's been a welcome surprise.

Every year, when I reflect on the past 12 months, there's always one month that stands out — pandemic or not. October is a busy month for our family. My youngest daughter, Sydney, and her husband, Kelan, celebrate their wedding anniversary, my oldest grandchild, Louisa, has a birthday, and Amanda hosts an annual "Hocus Pocus" Halloween party. It's a month filled with memories, and we seem to add more each year. I'm just happy that we were able to make that happen in 2020, too.

The celebrations begin on Oct. 6, when our eldest granddaughter, Louisa, was born. I'll never forget when she was born just three years ago and made me a grandparent. It's one of those special feelings you never forget, and we cherish every moment we get to spend with her and her younger sister, Penelope, who was born on Cinco de Mayo, May the 5th.

Because of COVID-19, we had a very small party with just our immediate family, but Louisa loved every minute of it. Louisa received a lot of outfits for her birthday, so she spent most of the afternoon strutting around the house like it was a runway. She was relishing the attention that day.

Earlier that month, Lou and Penny's mom and dad, Syd and Kelan, celebrated their wedding anniversary. This year marked their fifth year of marriage together. We're very proud of Sydney and Kelan for the parents that they are and the life they have built together. Like any set of grandparents, my wife and I wish they lived closer, but we appreciate the moments we spend with them when we can.

And finally, our immediate family came together once again in October for Amanda's "Hocus Pocus" party, which is based on the famous Bette Midler Disney movie about evil witches. Amanda creates a spooky backdrop to celebrate Halloween, and this year, though it was just our immediate family, we spent the evening carving pumpkins and enjoying the movie. Louisa was even old enough to join in on the fun early in the evening, and she was thrilled.

October was a big highlight of this year, but regardless of what has happened, I've always believed in the value of looking at the glass as half-full. Sure, we don't feel safe going out to restaurants right now, and we may have to be more cautious around our family. But we can still make memories together, we still find ways to have fun, and we are given little silver linings even in the bitter. I hope you find a way to do just that in these final moments of 2020.

Wishing you and your loved ones a very safe and happy holiday season — no matter what it looks like.

— H. Charles Jelinek, Jr., DDS



How to Eat During the Holidays

WITHOUT SACRIFICING YOUR
FAVORITE FOODS OR YOUR WAISTLINE



Have you ever stood on a scale at the end of the holiday season and wondered how the extra pounds crept on? It's no secret that a sugar cookie here, a slice of pie there, and a few glasses of eggnog in between can lead to a few pounds gained. When you're surrounded by Christmas goodies, how can you resist? Luckily, there are a few ways you can protect your waistline this holiday season without completely cutting out your favorite treats.

BE CHOOSY

When you see a regular buffet of your favorite holiday treats, don't immediately start scarfing down everything that looks remotely tasty and sweet. First, scope out the food — without a plate — so you won't be tempted to start eating without really looking. Then, find the treats that are your absolute favorites and choose one or two of them to eat. You don't have to give up sweets during the holidays; instead, eat with discretion.

DON'T GO HUNGRY

To ensure that you don't overeat at a party or buy junk food that you don't need when shopping, eat a healthy snack before going out. Before you head out to a party, eat a snack chock-full of complex carbohydrates, proteins, and unsaturated fats. Apple slices with peanut butter work, as well as lean meats and cheeses. If you're headed to the grocery store, eating a filling snack before you go will make you less likely to impulsively scoop up those sugary cookies and pastries in the bakery.

DRINK RESPONSIBLY (AND JUDICIOUSLY)

If you drink alcohol, keep in mind that each drink will probably be somewhere between 150–225 calories. A glass of eggnog can have as many as 500 calories. Alcohol decreases your self-control when you're eating, while also increasing your appetite. Make sure that if you're drinking, you're not doing so on an empty stomach. And to decrease the number of high-calorie drinks that you consume, drink a glass of water in between alcoholic beverages. The holidays are a minefield for any healthy diet. But with the right tools, you can ensure that by Jan. 2, your waistline won't be worse for wear.

More Than an Earache

What Your Ears May Be Signaling

Hi, everyone. It's Dr. Jelinek here again to talk to you about a phenomenon I see play out with patients all too often. I want to introduce you to Mary, whose name has been changed for privacy. Mary came to see me with severe ringing in her ears, frequent dizziness, headaches, and ear, neck, and shoulder pain. Needless to say, Mary was living in a fog.

She'd seen nearly two dozen specialists over the course of a few years, including the usual suspects: three ear, nose, and throat (ENT) doctors; three neurologists; a sleep specialist; and three chiropractors. After that, Mary tried alternative methods. She sought help from an acupuncturist, a massage therapist, a tinnitus specialist, an osteopath, and a maxillofacial (jaw, face, and neck) oral surgeon.

Yet, nothing worked. When Mary came to see me out of desperation, she said, "You're my last hope." Perplexed, I asked her why. But that's when I learned she and her husband, who works for the State Department, were to depart in six months for a three-year assignment in Africa. No pressure there, huh?

I'm proud to say I was the last practitioner Mary saw. I was able to correctly diagnose her severe jaw disorder, which was causing all of her painful symptoms. We were able to eliminate 85% of her symptoms within three months. Today, Mary only has slight ringing in her ears.

Unbelievably, Mary's story isn't all that unfamiliar to me. Patients often seek my services in desperation after seeing numerous health care providers. I work with these professionals for referrals, as I find many of them to be great in their fields.

Ear pain, ringing, and various pain in the head, neck, and shoulders can often be symptoms of a greater jaw issue. Many patients never make the connection because the jaw and ear appear to have very different functions, but the pressure and mechanics of the jaw can directly affect the ear because of its close proximity.

SO, HERE'S MY CALLOUT TO YOU: If you are struggling with neck, shoulder, ear, or head pain, don't ignore it! It is possible to treat it, and your jaw just might be the culprit we need to target. If you need any more proof, read Mary's story again.

Call my office at 703-584-5996 or visit NorthernVirginiaDental.com to schedule your appointment or learn more.



Floss Like a Dentist

IN JUST 5 STEPS

We know that you know that you should floss. You've read our numerous articles on how beneficial flossing can be to prevent cavities, protect your heart health, and improve your overall oral health. You've heard us loud and clear, and you want to start flossing.

BUT DO YOU KNOW HOW TO FLOSS?

It may not be as simple as you think! As Dr. Jelinek often explains, you can't just slide a piece of floss between your teeth and move on. It takes a little more work to be truly effective, but once you perfect the technique, you'll find it's an easy habit to abide by.

5 STEPS TO PERFECTLY FLOSSED TEETH

1. Start with the length. You'll need about 2 feet of floss to cover all of your teeth. This may seem excessive, but proper flossing technique calls for a clean section of floss with each swipe. So, give yourself enough length.
2. Then, position your hands. You'll use 1-2 inches of floss at any given time, so press your index fingers and thumbs together over the floss at just that length.

3. Slide the floss between two teeth and pull it up and down.
4. Then, with the floss still between your teeth, form a C shape near your gum line, as if you were pulling the floss toward the tooth. Scrub with the floss on each tooth that shares a space. Go deep under the gums along the tooth's root to ensure they are cleaned well, and don't forget about the sides of your back molars, which don't share a gap with another tooth.
5. Once you've flossed one tooth, shuffle your fingers to the next section of the floss with the same distance between your hands. Repeat as needed!

Just a few moments of flossing can be your best defense against plaque. So, now that you know *and* have the technique down, what are you waiting for?

If you need help with your flossing technique or finding an alternative to string floss due to mobility issues, call our office today at 703-584-5996.



Sudoku

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

Solution on Pg. 4

Festive Apple Cider

If you're cutting back on calories, skip the eggnog and buttered rum this year and fill up your mug with this delicious mulled cider!

INGREDIENTS

- 1 lemon
- 1 gallon pure apple cider
- 1 large orange, thinly sliced crosswise
- 2 tsp whole cloves
- 2 tsp allspice berries
- 1 inch fresh ginger, thinly sliced
- 2 tbsp honey
- 3 cinnamon sticks

DIRECTIONS

1. Using a paring knife, shave the lemon peel off in curls. Reserve the curls and save the lemon for use in a different recipe.
2. In a large slow cooker, combine the lemon peel with all other ingredients. Cook on low for 3-4 hours.
3. If desired, use a sieve to strain the spices. Serve and enjoy!

Inspired by BoulderLocavore.com

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

Solution from Pg. 3

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INSIDE

- 1 *Appreciating the Good in 2020*
- 2 *How to Eat (Responsibly) During the Holidays*
You May Have More Than an Earache
- 3 *5 Steps to Floss Like an Expert*
Festive Apple Cider
- 4 *5 Ways to Make Your Holiday Extra Eco-Friendly This Year*

5 Ways to Make Your Holiday Extra Eco-Friendly This Year

Sustainability is the gift that keeps on giving, so if you'd like to give a gift to the environment this December, make your holidays anti-plastic! Here are five ways that you can use the latest eco-friendly technology to make sure your Christmas is just as convenient as ever.

SET UP RECYCLING BINS.

Nobody wants to sort through trash on their holiday, especially if you're hosting all the parties! To avoid dealing with the waste, set up recycling and composting bins before any home holiday festivities. It'll make your next trip to a local recycling center so much faster because everything will be organized and easier to manage.

USE PAPER CONTAINERS FOR LEFTOVERS.

Give your celebration a restaurant-from-home feel by storing and giving away leftovers in paper containers rather than plastic. Paper will dissolve and leave behind much less chemical residue than plastic. Want to make it look extra posh? Stamp the exterior with the family initials!

CHANGE UP YOUR GIFT WRAP.

Why use wrapping paper every year when you can make your packaging extra interesting, colorful, and creative? Use newspapers, magazines, comics, posters, maps, or even art by your kids to conceal your gifts this year.



RENT, BORROW, OR RETHINK YOUR TABLEWARE.

If you're missing proper tableware for your holiday celebration, don't despair — some companies will actually let you rent out their dishes for your special evening! You can also borrow tableware from friends and family. But you don't have to use metal tableware. Try following another culture's customs and serve your food on local ingredients, like palm leaves, coconuts, or wood.

LOCALIZE AS MUCH AS POSSIBLE.

If you can buy ingredients like fresh meat or vegetables from local farms, you won't use as much plastic packaging and you'll support small businesses at the same time!

Never buy one-use plastics if you don't have to. For every holiday tradition, ask yourself: Can I reduce, reuse, or recycle any components to this? We hope you have a happy, eco-friendly holiday!