

# JELINEK JOURNAL

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## BEAT NAVY!

### *Celebrating a Tradition and an American Rivalry*

This December, my Army Black Knights fell to the Navy Midshipmen 31-7 in a classic football battle between the Army and Navy. It was the 120th meeting between the two U.S. military rivals, and despite the scoreboard at the end of the game, I had another great time watching these two teams battle it out on the gridiron.

I hosted my annual Army versus Navy viewing party at my home. I had about 15-20 of my classmates and their spouses, along with a few "squad friends," United States Naval Academy graduates, and a dozen or so other graduates from various West Point classes attend the party this year. Among these attendees were two graduates from my dad's 1952 class. They come every year and seem to really enjoy themselves. I also know that many of the graduates from my class and beyond appreciate the dedication and camaraderie of these two men. Everyone makes it a point to talk to them.

Every year, without fail, I receive a handwritten card from them thanking me for the invitation and telling me about the great time they had being once again surrounded by a brotherhood. Each word is written right from the heart, and I look forward to this gesture every year. Writing a letter is a lost art, and to receive these letters each year is a tremendous compliment.

Altogether, 50 people attended our party, a low number compared to years when we typically have 75 guests. But with the short period between Thanksgiving and Christmas, it's difficult for many people to travel. Regardless of the outcome, every year is a labor of love. It usually takes a couple days for us to get the house and food ready, and we sometimes have guests from out of state who swing in for a few days beforehand.

I'm always proud to host my classmates and fellow West Point alumni at my home. West Point students need a letter of recommendation from a congressman, congresswoman, or senator in their home state in order to attend, and because of this, there is a diverse group of classmates at West Point each year. Our classes have business owners, alumni who are retired generals, and others who went on to study at prestigious



universities. We are a unique group of people bound by one common thread: the camaraderie of serving our country.

There's usually never a shortage of things to talk about, and I look forward to this party every year. The score may not have been what we Army guys would have hoped it would be, but our Navy buddies were graceful about it. I'm already excited about our 121st matchup in 2020 and connecting with these guys again.

And as always, beat Navy!

*— H. Charles Jelinek, Jr., DDS*

# SCIENCE WANTS YOU TO STOP AND SMELL THE ROSES

## The Benefits of Spending Time Outside



In a 2008 survey conducted by the National Trust in Britain, children were more likely to correctly identify a Dalek from “Doctor Who” than a barn owl. Likewise, a 2010 Kaiser Family Foundation study of 8–18-year-olds in the U.S. found that the average youth spends more than 53 hours a week engaged with entertainment media. These statistics, coupled with growing concerns that children are spending less time outdoors, are leading to terms like “nature deficit disorder” and global initiatives to get kids outside.

Why is contact with the outdoors so important? Researchers are answering this question by studying the benefits of time spent in nature. One benefit is that outdoor time helps kids understand boundaries and learn how to assess risk. As naturalist, author, and broadcaster Stephen Moss puts it, “Falling out of a tree is a very good lesson in risk-reward.” Not to mention, time in nature may help improve focus for hyperactive kids. In one national study of youths by the University of Illinois, participants’ attention deficit hyperactivity disorder symptoms were reduced after spending time in a green setting versus a more urban one. This may be due to the fact that natural environments call upon our “soft fascination,” a less exhausting type of focus than what is required by urban environments. Emotional benefits were discovered too, including reduced aggression, increased happiness, and improved self-esteem.

Beyond just getting outside, the type of contact we have with nature also matters. Visits to nature centers and watching “Planet Earth” are two ways to experience the outdoors. But research points specifically to the importance of *free play* in the natural world: unstructured outdoor time when children can explore and engage with their natural surroundings with no curriculum, lesson, or activity to complete.

Ever notice how kids are fascinated by the simplest things? A child visits a rose garden, but before they even get to the flowers, they become captivated by a leaf on the ground or an ant crawling on their shoe. Children are born naturalists.

These are the moments we need to recapture. Take a page out of that kid’s book, and as the saying goes, stop and smell the roses — or leaves or ants — with no checklist and no plan, just time spent playing outside.

# For the Love of Your Heart

## *The Link Between Sleep Apnea and Your Cardiac Health*

Sleep apnea isn’t just an annoying snoring ailment. It’s a life-threatening condition.

Consider the story of the NFL’s minister of defense, Reggie White. After a lustrous career with two of the league’s most historic franchises, Reggie passed away at the age of 43 from a heart attack he sustained as a result of sleep apnea. Since his death, Reggie has missed watching his family grow and hearing his name called for the Pro Football Hall of Fame.

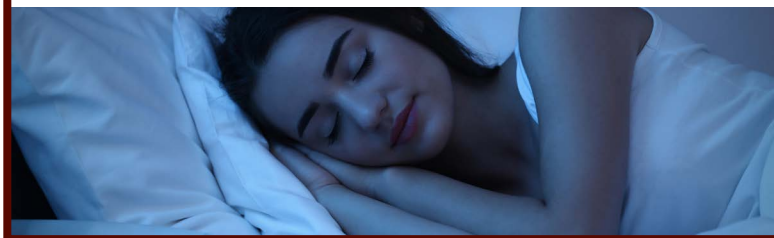
Unfortunately, Reggie’s story isn’t unique. Sleep apnea constricts your airway for a variety of reasons, including the shape of your airway and tongue positioning. Your heart and brain rely on a steady flow of oxygen, and when your heart doesn’t get enough, it’s in a constant state of stress. In addition, your brain sends an alarm signal to your heart to jolt you awake and get more oxygen, causing continued stress on your heart.

As a result, sleep apnea sufferers have a 30% higher risk of heart attack or premature death. Consider these additional statistics, as well.

- Sleep apnea patients are four times as likely to have atrial fibrillation, an irregular heartbeat that can lead to stroke, clots, and heart failure.
- Sleep apnea directly causes high blood pressure.
- The condition also increases mortality rates for those with congestive heart failure.
- About 30% of those with sleep apnea suffer from coronary artery disease.
- General heart disease impacts 38% of sleep apnea patients.

Today, Reggie’s widow, Sara White, advocates for sleep apnea treatment, research, and awareness, preserving her husband’s legacy and turning her family’s grief into a channel for good. Reggie’s family hopes his story serves as a lesson, and since his death, advancements in sleep medicine have improved the quality of life and treatment options for those with sleep apnea.

The best way to monitor your heart health when you have sleep apnea is to treat the condition and to undergo regular cardiac testing. Dr. Jelinek’s team can give your heart a much-needed break with a sleep apnea treatment plan that fits your lifestyle. Call 703-584-5996 to set up a free consultation and visit [NorthernVirginiaDental.com](http://NorthernVirginiaDental.com) to learn more about sleep apnea’s effects.



# The Cost of Sleep Apnea

TREATMENT SAVES YOUR LIFE AND YOUR BANK ACCOUNT



When your body doesn't get enough oxygen or sleep as a result of sleep apnea, the domino effect is staggering. The airway disorder plays a negative role in cardiac health, weight, cognitive function, memory, mood, libido, headache frequency, fatigue, and more. In addition, your partner can suffer loss of sleep due to your tossing and snoring, causing medical and emotional problems for them and problems in your relationship.

Studies indicate that Americans with untreated sleep apnea collectively spend an average of \$4.3 billion more than other patients. Many of these dollars are spent treating the symptoms of sleep apnea, such as increased blood

pressure, headaches, and mood disorders. As a consequence, when the symptoms are treated over the root cause of the issue, the health care system takes on a reactive approach rather than preventive, wasting money, time, and energy.

Think about how much money patients could save by treating the root cause of these issues instead. Sleep apnea sufferers can cut their annual medical payments in half. Some reports indicate individuals spend \$200,000 less in annual care after treating sleep apnea!

Furthermore, compliance with sleep apnea treatments could protect others. A 2015 study in the World Journal of Otorhinolaryngology

found that CPAP treatment for sleep apnea could prevent 500,000 accidents, save 1,000 lives, and reduce a societal cost of \$11.1 billion. That's a difference that makes treating sleep apnea worth it.

You don't have to use a CPAP machine to get those same results. **But the most cost-effective treatment option is an oral appliance.** This device is a small, custom-fit appliance for your mouth. The cost of maintenance is no different than what you would spend on standard oral health or devices, so the savings will continue to stack up as your overall health improves.

These are savings your life — and the lives of others — may depend on.

Stop suffering and start saving by treating your sleep apnea. The first step in care is a free consultation with Dr. Jelinek and his team of experts. Schedule yours today by calling 703-584-5996.

## Sudoku

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

Solution on Pg. 4

## Date Truffles

### INGREDIENTS

- 1 lb medjool dates, pitted (about 1 1/2 cups)
- 1/2 tsp sea salt
- Warm water
- 1/4 cup peanut butter
- 1 cup bittersweet or dark chocolate, chopped
- 1 tbsp coconut oil, melted

### DIRECTIONS

1. Using a food processor, blend dates and sea salt until dough can be formed into a ball. Slowly add enough warm water to mixture to thicken dough.
2. Roll dough into tablespoon-sized balls. Freeze for 20–30 minutes.
3. In microwave, warm 1/4 cup peanut butter for 30 seconds, then drizzle peanut butter on top of balls. Freeze balls for another 20 minutes.
4. Meanwhile, in microwave, warm chocolate with coconut oil until melted. Stir well.
5. Coat balls in chocolate and place on a parchment-lined baking sheet.
6. Top with additional salt and freeze for 30 minutes. Serve at room temperature.



Inspired by The Minimalist Baker

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

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## Give the Gift of Life

*Feb. 14 is National Donor Day*

With all the cards, chocolates, and expensive dinners, it's easy to get cynical about Valentine's Day. However, National Donor Day also falls on Feb. 14, and it can refocus our attention back on the real meaning of the day: love.

In the U.S., 20 people die each day while waiting for an organ transplant. Losing loved ones is one of the most painful aspects of the human experience, and while it is unavoidable, organ donation offers a pathway to help prevent that loss and keep more love in the world.

In the spirit of that love, here are a few ways you can get involved with National Donor Day this Feb. 14.

**REGISTER AS AN ORGAN DONOR.**

Signing yourself up is easy and can be done either online or in person at your local Department of Motor Vehicles. You'll need official identification to register. Registration is not permanent and you will always have the option to change your mind. Once registered, you will not need to carry your donor card with you, as your status exists in the registry.

**JOIN A DONOR DASH.**

Donor Dash fundraising events pop up all over the country on National Donor Day. These noncompetitive 5K running and walking events are designed to bring donors and recipients together and keep hope alive for those who are currently waiting for a donation. To learn more, or to register for an event, check out DonorAlliance.org.

**PARTICIPATE IN #STARTTHECONVERSATION.**

Donor Alliance, a nonprofit that works to promote organ donation, began the #StartTheConversation campaign as a way to help spread awareness about organ and tissue donation. Starting the conversation can be as simple as sharing that you registered with your friends and family or as personal as sharing a story about how organ donation has touched your life or the lives of your loved ones.

Don't let another Valentine's Day come and go in a tide of cellophane, candy hearts, and cheesy cards. This year, get involved in National Donor Day. After all, what better way is there to express the value of love than giving the gift of life?