

JELINEK JOURNAL

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www.NorthernVirginiaDental.com

WELCOME ERIN AND TAMIKA!

Introducing the Newest Members of the Jelinek Team

BREAKING NEWS! Dr. Jelinek and his staff have received their first round of vaccinations against COVID-19! By the time you read this newsletter, there's a great chance the entire team will be fully vaccinated by receiving their second and final dosage.

We are honored to be part of the prioritized group of health professionals in our region to receive this vaccine, and we did so because your safety is our No. 1 concern!

The hardest part of my job has nothing to do with dental work. It's always been finding a group of employees who have the same work ethic and patient-first philosophy that I have built my practice on. I spent an inordinate amount of time searching, interviewing, and even re-interviewing until I found the right mix to make this dental practice as efficient and effective as possible in catering to each patient's needs. The patients drive all of our decisions at this practice.

This month, I'm proud to introduce readers to our two newest employees, Erin and Tamika. Both of these women exemplify my personal beliefs toward patient care, and I am very excited to have them on our team.

ERIN

While masks have become an effective tool in fighting the spread of COVID-19, it's a pity they block Erin from doing what she loves best: smiling! It's one of Erin's favorite ways to connect with others! That simple gesture is what makes Erin great at being our patient treatment coordinator.

Erin has been with our team for nearly half a year and is "thrilled to be part of the Jelinek team!" She has an extensive background in wedding, events, and entertainment coordination and has also worked in high-

end travel planning and the cruise industry. Her diverse background in planning and executing will help guide our patients through their best treatment options and solutions.

Born in New Jersey, Erin is a Virginian at heart — having grown up here and graduated from the University of Virginia. (Go Hoos!) She can often be found indulging in coffee or wearing something sparkly or pink. Next time you're in the office, be sure to say hi and flash your best masked-up smile!

TAMIKA

The newest member of our team, Tamika, comes to the practice with an extensive background in the medical field. She's worked as a medical assistant, front office coordinator, and medical biller. Tamika will put those skills to great use as the practice's medical biller.

Tamika has called New York and DMV her home for the past 20 years, and in her spare time, she loves to travel and watch comedy shows or high-action movies. She'd love to take any of your recommendations for a great show to watch or a place she must visit! With three cats of her own, Tamika is a big animal lover. She's always ready to hear about something cute your pet did or share a funny anecdote from her pets. Besides, Tamika loves a good laugh. Be sure to share any of your favorite jokes with her the next time you're in the office!

Thank you, Tamika, Erin, and all the members of my hardworking team for your dedication. I'm proud to have you on my team.



— H. Charles Jelinek, Jr., DDS

SHARE THE LOVE THIS MONTH

4 Ways to Support Your Loved Ones This Valentine's Day



Every Valentine's Day, people want to find the best ways to show their partner or even a close friend how much they care. It is easy to get sucked into thinking you have to give them the most expensive or elaborate present you can find, but sometimes, the most meaningful gifts are the simplest. Here are four easy ways to show your loved ones how much you care this February.

A TEXT A DAY

Knowing someone has your back throughout the year, no matter how difficult things can get, is a great source of support and love. In addition to the usual communication you share with your loved one, add in a supportive text each day, whether it's simply letting them know you're thinking of them or wishing them luck on a presentation or interview. The best part about these texts is that they can be sent year-round.

A MORNING MESSAGE BOARD

Whiteboards are fun to draw on and make great calendars, but they can also be used to share heartfelt messages with your roommates or spouse. Writing positive messages like, "I hope you have a wonderful day!" or "You matter!" can make all the difference. Waking up to a loving note from someone they care about could mean the world to them and shift their entire mood for the day.

A DAILY JOURNAL ENTRY

February and March are usually when New Year's resolutions begin to falter. To encourage yourself and your loved one, consider starting a daily journal. Leave a journal where you both have access to it and write positive messages inside for the other person. This acknowledgment of hard work is exactly what you both need to continue pursuing your goals this year.

RANDOM GIFTS

You don't have to wait for a birthday, Christmas, or Valentine's Day to give your loved one a gift. Buying small gifts lets your friend or spouse know you've been thinking about them. Whether it's a treat they enjoy, a book, or even a small gift card, these thoughtful gestures are sure to make them smile.

Love Your Teeth, Love Your Heart

Why Flossing and Brushing Can Be Important for Your Heart Health

Every February the American Heart Association recognizes American Heart Health Month, encouraging citizens across the U.S. to eat heart-healthy foods, get exercise, and be tested for heart disease and conditions. So, what — if anything — does this have to do with your oral health? According to science, a lot.

Both the heart and the gums suffer when inflamed. Inflammation of your heart can lead to hardened arteries; this disrupts the flow of blood to and from your heart and increases your chance of heart attack and stroke. Meanwhile, inflamed gums, which are often sore and swollen, could be a sign of either gingivitis or periodontitis (gum disease).

While both require necessary action, it's periodontitis that is most commonly linked with heart disease. Your gums are riddled with thousands of tiny blood vessels and a very thin layer of tissue protecting them. When your gums are infected with periodontitis, or gum disease, that bacteria can seep into the bloodstream and travel to the heart, where inflammation settles into the arteries and creates the hardening effect.

Simply put: When there is evidence of gum disease, there is often heart disease.

Flossing and brushing your teeth — and effective oral hygiene habits — can prevent gum disease, which can limit the bacteria that travel to your heart through your mouth. Regular checkups, both with your dentist and doctor, are imperative to monitor the health of your gums and your heart.

What's more, the components of a heart-healthy lifestyle can have a significant impact on your teeth. A heart-healthy diet of whole grains, raw vegetables, and lean protein sends vital nutrients to your heart while cleaning and supplementing care for your teeth. And there are studies published that find regular physical activity can lower your risk of periodontal disease, and, as we all know, exercise is key to preventing heart disease.

So, when you think heart-smart this February, don't forget to check on your teeth, too. **Schedule an appointment with Dr. Jelinek and his team by calling 703-584-5996 or visiting NorthernVirginiaDental.com.**



Need Coffee or Soda?

You CAN Consume These Beverages Safely. Here's How!



For many of us, the day doesn't begin until we've had our coffee, while others love a can of soda for an afternoon boost. By now, you probably know these drinks are not great for your teeth, but you can find safer ways to consume coffee or soda. Your teeth *and* your taste buds will thank you!

To understand this, consider why dentists have talked on and on about the dangerous effects of sugar on the teeth. When you consume sugar, you introduce bad bacteria into your mouth's ecosystem. These bad bacteria eat away at your enamel, which cannot "grow back," depleting your teeth of the primary defense it has against damage and infection. If left untreated — or, if the bacteria is allowed to continue to eat away at your enamel — your tooth can form a cavity or decay completely.

However, sugar isn't your body's biggest enemy. We need sugar to survive, so cutting back on our sugar intake is a healthy way to ensure we receive

the nutrients from natural sugars — such as those we get from fruit. Our body needs natural sugars, but we should avoid overindulgence, which can negatively affect our teeth and increase our waistlines. Plus, when your sugar intake is normalized or lessened, your mouth's saliva and your good oral hygiene habits like regular flossing and brushing can remove sugar from your teeth before any real damage is done.

You can positively impact your oral health by removing sugary sodas and coffee from your diet, but this may not be feasible for everyone. If this is you, try cutting creamer or additives from your coffee or opt for sparkling water to curb your soda appetite. Furthermore, don't spend more than 30 minutes drinking soda or coffee. Sipping on these drinks is like bathing your teeth in sugar for hours. Instead, opt for smaller portions that you can drink in 30 minutes — or dump the remainder out. Consider using a straw, too, to lessen the amount of sugar caking your teeth.

We know there are some things we just can't live without, and if soda or sugary coffee is it for you, consider the ways you can enjoy it safely. Dr. Jelinek and his team can help you learn more about small changes you can make for greater oral health. **Schedule your appointment today at NorthernVirginiaDental.com.**



Sudoku

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

Solution on Pg. 4

Zucchini Noodles With Turkey Bolognese

INGREDIENTS

- 3 tbsp olive oil, divided
- 1 tbsp garlic, minced
- 1/2 cup onions, diced small
- 1 lb ground turkey
- 1 28-oz can crushed tomatoes
- 2 tbsp tomato paste
- 1 tsp salt
- 1/2 tsp pepper
- 2 tsp sugar
- 3 medium zucchini
- Parmesan cheese, for garnish

DIRECTIONS

1. In a large sauté pan over medium-low heat, warm 2 tbsp olive oil.
2. Add garlic and onions and stir constantly until garlic is golden and onions are translucent.
3. Increase heat to medium and add ground turkey, break apart, and cook thoroughly.
4. Add crushed tomatoes, tomato paste, salt, pepper, and sugar. Reduce heat to low. Stir occasionally.
5. Using a spiralizer, mandolin, or vegetable peeler, cut the zucchini into noodles.
6. In another large sauté pan over medium-low heat, add remaining olive oil and zucchini noodles, tossing constantly for 2 minutes until slightly wilted.
7. Plate the zucchini noodles, top with the turkey Bolognese, and garnish with Parmesan cheese. Serve immediately.

Inspired by JustATaste.com

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

Solution from Pg. 3

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INSIDE

- 1 *Meet Our New Employees!*
- 2 *A Month of Love and Support*
Why Your Heart Loves When You Floss
- 3 *Enjoy Coffee or Soda Guilt-Free!*
Zucchini Noodles With Turkey Bolognese
- 4 *What's the Deal With Valentine's Day Cards?*

It's in the Cards

WHY VALENTINE'S DAY IS THE ULTIMATE CARD HOLIDAY

This may be the first year in a long time that kids don't pass out Valentine's Day cards at school. Going in to the new year, the seasonal section of most stores is lined with cards featuring fun characters from superheroes to unicorns. Handing out cards is now a well-loved tradition, but have you ever wondered how Valentine's Day became one of the biggest card-giving holidays of the year?

Like many holiday traditions, the convention of handing out Valentine's Day cards goes back centuries. During the 1700s, it became fashionable to trade Valentine's Day cards with a short poem or verse. The popularity of swapping cards only increased throughout the 1800s. Sometimes, people would go as far as to paint or draw spring-like images on the cards. They were much more elaborate than what we typically see today, though they were still usually very small.

But where did those folks get the idea? People of that era were likely inspired by stories that go back even further. There are legends that the originator of this holiday tradition was Saint Valentine himself. One story says that on the night before he was set to be executed, Valentine wrote a small letter to a jailer's daughter. He ended the note with "Your Valentine."



It's unknown whether that story is true, but to 18th century Europeans and Americans, it was inspiring! So inspiring, in fact, that the entire Valentine's Day industry began to gain traction. A guidebook called "The Young Man's Valentine" was published in 1797 to help suitors garner the attention of their love interests through the written word. Eventually, books aimed at women were also published, including "The Lady's Own Valentine Writer," which served much the same goal.

These publications, along with young people writing notes to one another every February, have made Valentine's Day cards an ingrained tradition, and now people can't get enough of them!