

JELINEK JOURNAL

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BECOMING GRANDPA

Meet My Granddaughter Louisa — Hear Our Big News!

Nearly two years ago, my daughter, Sydney, and her husband, Kelan, took a trip to Europe. Naturally, they snapped loads of photos. When they came back, we gathered together for a little slideshow of photos so we could live vicariously through them in their European travels. But at the end of the slideshow, Sydney told us she had one more photo for us and handed my wife an envelope.

Curious and confused, my wife opened the letter. As a former x-ray technician, she began screaming at the ultrasound photo in her hand. I just sat there, confused about why my wife was suddenly in gleeful hysterics — then it hit me like a ton of rocks.

We were going to be grandparents!

This past October, our first grandchild, Louisa, turned one, and it's hard to imagine our lives without this adorable busybody. I remember holding her for the first time hours after she was born in the hospital, and I just couldn't believe the little girl I had raised was suddenly a mom to this little child. It's a surreal feeling for any parent.

Sydney has been an amazing mom; she took to it like a duck to water. I was surprised — in a completely positive way — that motherhood was like second nature to her, since this was her first child. She and Kelan have had tremendous support within their family, including my other daughter, Amanda.

Born 22 months apart, my girls are close, and Amanda has relished her role as doting auntie. Amanda works with children with profound disabilities, so Sydney has also been relying on her for advice about normal habits and traits Louisa is picking up. It's been a great time for the two of them to connect and grow together over this little being.

Louisa, Sydney, and Kelan used to live about 20 minutes away from my wife and I, but this fall, Kelan took a new job in Richmond. In early October, we celebrated Louisa's first trip around the sun with a party and

celebrated again with a small family affair one week later in Richmond. When Sydney went to put Louisa down for a nap at this second party, we all remained downstairs, chatting and mingling. Sydney came downstairs and said, "We need to be quiet ... because Louisa is going to have a sister." We all looked at her, surprised at the news Sydney had shared with us — again.

The second baby is due in May! My wife and I are overjoyed to become grandparents again, and I know Louisa will be a great big sister.

This Thanksgiving was the first time I saw Louisa since her birthday party, and it was crazy to see how this once-little baby has changed in a matter of six weeks. She was this tiny human, pulling herself up on her chair and working through her next steps. You could see the little wheel turning in her brain as she continued to explore and learn about her world.

I've lived all over the country, graduated from West Point, served in the Army, and owned a dentistry business, but being a husband, father, and grandfather to these three women and one little girl brings me immense joy and pride. I can't wait to meet this next little girl and see what she brings to our growing family.

— Dr. H. Charles Jelinek, Jr., DDS



MOM REALLY DOES KNOW BEST

3 Wives' Tales Proven True



“Make a face like that, and it’ll stay that way forever.” You may have heard something like this from Mom’s book of wisdom. Maybe you never disputed the idea that mother knows best. But as you grew up, it slowly became clear that hair doesn’t grow back faster and thicker if you shave it, cracking your knuckles doesn’t cause arthritis, and gum doesn’t stay in your stomach for months after you swallow it. After a whirlwind of wives’ tales over the years, many common claims have been put under scrutiny. Wives’ tales have been known as pseudoscience and blind intuition, but even as many were disproved, some surprisingly proved to hold weight. Here are three wives’ tales that have proven to be true.

Garlic Cures Colds

For decades, moms have professed the healing properties of garlic, suggesting it can cure colds and help the body fight sickness. It turns out they were absolutely right. Garlic has antiviral properties that strengthen the immune system and nutrients that help combat illnesses. The effects of garlic can actually be more effective than over-the-counter flu medications. Some studies show that regular consumption of raw garlic lessens the likelihood of getting a cold, so if you feel a tickle in your throat, try a clove before you open the medicine cabinet.

Heartburn Means a Hairy Baby

It’s hard to list wives’ tales without bringing up one about pregnancy. Many are solely based on intuition, but a few that sound odd are legitimate. In 2007, a study done by Johns Hopkins attempted to debunk the myth that heartburn during pregnancy would mean a hairy baby at birth. Instead of proving it wrong, they found that 82 percent of women with severe heartburn during pregnancy gave birth to hairy babies. Turns out the hormones that cause heartburn in pregnant women also affect fetal hair growth.

Joint Pain Predicts the Weather

Did you ever look at your mom with skepticism when she would predict rain because her knees hurt? If so, you might owe your mom an apology, because there is a scientific connection. The drop in barometric pressure that’s common during storm weather causes pain in arthritic joints.

Stinky Situations

What Your Bad Breath May Mean

Perhaps an onion sandwich isn’t the best choice for your dinner date, but if you’re struggling with bad breath on a regular basis, the noxious scent escaping from your mouth may be telling you something else — besides your culinary tastes — is very wrong. Stop popping breath mints and learn what your bad breath may be telling you.

Dental Problems

Twice daily brushing, flossing, and rinsing is recommended to maintain a healthy smile, but failing to adhere to a regular dental hygiene schedule can leave your mouth caked with food, grime, and plaque — a recipe that’s ripe for bad breath. What’s more, that nasty scent can also be a sign that your teeth and gums are not healthy. Bad breath can signal gum disease, cavities, mouth sores, tooth decay, or infections from oral surgery. If you suffer from chronic dry mouth disease, your breath can also have a bad stench, as your body is producing less of the saliva it needs to act as nature’s toothbrush.

Serious Conditions

While most conditions that produce bad breath can be easily mitigated, others are more serious. Cancer, diabetes, pneumonia, and liver and kidney problems can create bad breath because of the chemicals these conditions produce. Chemical discharge resulting in bad breath can also be a sign of chronic reflux disease. These chemicals waft from your stomach to your mouth, acting as a stinky symptom.

Chance Encounters

Sometimes your bad breath is a sign of an outside source causing other symptoms in your body. For example, smokers or tobacco users commonly have worse breath because tobacco use can cause dry mouth disease. Medication side effects can also commonly include dry mouth disease, while some medicines have compounds that can produce stinky breath after they break down in your body. Lodged foods in either your gums or your dental appliances could also be the perpetrator of your bad breath.

If you think your bad breath is something more than too much garlic, H. Charles Jelinek Jr., DDS can help. Schedule your appointment by visiting NorthernVirginiaDental.com or calling 703-584-5996.



Reggie White's Medical Legacy

WHAT A FOOTBALL STAR AND HIS WIFE CAN TEACH US ABOUT SLEEP APNEA

Football fans will always remember Reggie White. Who can forget the Minister of Defense barreling across the line to take out an unsuspecting quarterback, especially in Super Bowl XXXI? Perhaps the only people who don't like to remember this are the New England Patriots and former quarterback Drew Bledsoe.

Sadly, this star defensive end didn't live long enough to hear his name called for the Professional Football Hall of Fame in 2006. Reggie died of a heart attack spurred by sleep apnea less than a week after his 43rd birthday in Dec. 2004.

Sleep apnea plagued Reggie since his mid-20s, and he reportedly rarely used his prescribed CPAP machine. But it's also a condition his wife, Sara, feared would swallow him up every night they went to sleep. She would stay awake each night because she felt it was her job to keep him alive. Her burden was one no spouse or partner should have to bear.

Sleep apnea is an obstructive airway condition that often results in snoring. For most patients, restlessness, fatigue, and headaches are common symptoms as well. For their sleeping partners, these symptoms can be just as much of a struggle. According to a 2017 study by Faith S. Luyster, Ph.D., partners of those with sleep apnea were three times more

likely to report insomnia and two times more likely to report fatigue than the general population. About 55 percent of those studied also said that their partner's snoring disturbed their sleep every night, and they felt a need to monitor their spouse's breathing throughout the night.

As a mourning widow, Sara turned her worst fear into a program for good. With the help of the Sleep Wellness Institute in West Allis, Wisconsin, Sara began the Reggie White Sleep Disorders Research and Education Foundation, Inc. The organization provides low-income families affordable treatment and education for sleep treatments, helping patients and their partners sleep soundly.

If you snore or if your partner's snoring is keeping you awake, take action before it's too late. Dr. H. Charles Jelinek Jr. and his team of experts can help you and your loved one find the peace of mind you all deserve. Call our office today at 703-584-5996 and rest easier.



Sudoku

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

Solution on pg. 4

Brussels Sprout Hash

Standard hash may be a no-go on paleo diets, but there's nothing off-program about this Brussels sprout version. It's perfect for a Sunday brunch.

INGREDIENTS

- 4 cups Brussels sprouts, finely shredded
- 4 eggs
- 1/4 cup onions, chopped
- 2 cloves garlic, minced
- 1 sprig fresh rosemary
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground pepper

DIRECTIONS

1. In a cast-iron skillet or large sauté pan, heat oil to medium.
2. Once shimmering, add rosemary for 1 minute, then remove sprig.
3. Reduce heat to medium-low, add onion and garlic, and cook until onion softens, about 5 minutes.
4. Increase heat to medium-high, add Brussels sprouts, season with salt and pepper, and cook for 5 minutes.
5. Using a large spoon, create 4 wells for eggs. Pour 1 egg into each well and cook until set.
6. Carefully remove eggs and Brussels sprouts from pan and serve.



Inspired by Food Republic

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

Solution from pg. 3

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3 of the World's Greatest Winter Sport Destinations



The sound of the first carve through fresh powder is the anthem of all winter sports enthusiasts. Here are three of the world's best places to experience that powder you've been craving all year.

Breckenridge, Colorado

John Denver's anthem "Rocky Mountain High" is about the freedom he felt here.

Where there are great mountains, there's even better snow. If you've ever seen the groomed trails of Breckenridge, you'll understand why. The ski resort boasts five peaks, 187 trails, 34 lifts, four terrain parks, and a renowned cross-country trail. After a day on the slopes, head into the town of Breckenridge for dining and activities that ditch the glitz and glamour of Vail or Aspen and take you straight to the heart of fun.

Whistler, British Columbia, Canada

A destination that looks like a cross between a Nordic paradise and Olympic-level runs, Whistler is filled with true magic, winter activities, and a town that captivates the senses. When you see the mountains of British Columbia, you'll understand why they hosted the 2010 Winter Olympics. The location's beauty is only part of your stimulating experience, because every curve of fresh powder makes your pupils dilate. Once you're done flying down the hill where Bode Miller took the bronze, head over to the winter wonderland of the old Olympic Village for a cozy night in a picturesque town.

St. Anton, Austria

If you want a great location for next year's Christmas card photo, there's no better place than the Tyrolean Alps. Nestled in a valley between perfectly molded mountains, the Austrian landscape provides a beautiful backdrop for your winter excursions. The densely wooded areas and the bright reflection of the snow frame the vibrant town that's just waiting to be explored. When you're ready for world-class runs, hop in one of the 11 gondolas and zip down the hills that hosted the 2001 Alpine World Ski Championships.