

JELINEK JOURNAL

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YOU ARE THE BEST ADVOCATE FOR YOUR HEALTH!

I have an important tradition I abide by every year. After celebrating the holidays and ringing in the new year, I settle in for a month of health appointments. In the past, this was always done around my birthday, since that's how the Army did it. But I've since adapted this full health examination to the start of the new year, providing me a fresh perspective each year.

I make appointments with my primary physician, dermatologist, urologist, optometrist, and hygienist. Starting with my primary doctor, I get a general checkup to monitor any persisting health issues and to catch potential problems. This is like taking your car in for an oil change. Mechanics check the lights, monitor your filters, and make sure the systems are up and running smoothly. It's not an in-depth check into one specific area, but it is a great chance at overall health.

Next, I make appointments with medical specialists to monitor specific health conditions I know I'm susceptible to. To start, I see my dermatologist every six months because of my family and personal history. As a red-haired child, I was very susceptible to the sun's rays as a kid, and both of my parents have had a number of cancers. I have even had to have things removed, so it's very important to me that I stay vigilant with my skin health.

The second specialist I see is my urologist because it's important to be regularly checked for prostate cancer. Prostate cancer is one of the most common cancers among men, and by 80 years old, more than half of all men will have some cancer in their prostate, according to Cancer.gov. The good news is, there's plenty of treatment options available when prostate cancer is caught early. That's why it's so important that I keep these appointments with my urologist every year.

Finally, I see my hygienist for my regular teeth cleaning (I practice what I preach!) and see the optometrist to monitor my vision health. I also make sure I schedule regular colonoscopies as needed and monitor any additional health concerns I may have.

This may seem like an overreaction to monitoring my health, but I truly believe that I am the best advocate for my health. As we have learned from the COVID-19 outbreak that began this past winter, it is vital that we



take care of our health and be vigilant in our needs. My top priorities will always be my God, my family, and my health — in that order — because without each one, the others are affected.

I want to be here to see my granddaughters grow up, see them go to high school, take pictures as they attend prom, cry with pride when they graduate, and more. None of that is possible if I don't make my health a priority. Knowledge is key to living a happy, healthy, and long life, but we cannot access that knowledge if we don't actively seek it.

I tell you all this because I want to encourage you to do the same. If it's been a while since you have seen your doctor, optometrist, or our team, it's not too late. Give our office a call to get started on your oral health. I promise it will be one of the best decisions you make for you and your family.

Stay healthy,

- H. Charles Jelinek, Jr., DDS

ENCOURAGING YOUR LITTLE GIRL

Tips for Raising Strong, Confident Women



In a time when it's so easy to let technology and school run your child's life, what's your role as a parent or guardian? We often hear motivational quotes talking about the importance of risk-taking and resilience, but it can be tough for little girls to learn from just YouTube videos and school alone. Here's how you can encourage your daughter to spark her own confidence during her toughest moments.

ENCOURAGE BRAVERY AND A GROWTH MINDSET.

Even children can feel pressured to perform to high standards yet stay within their comfort zone. They might think, "I'm not strong enough to climb this tree." But whether it's climbing trees or building things with others, small feelings of bravery can grow larger as they grow older.

Self-empowerment will be a crucial skill in their lives, so encourage a mindset focused on growth through the process of learning. Teach them how the brain grows and adapts rapidly whenever we encounter failure and that failure and mistakes are a part of life. Once they understand that failure isn't permanent, they'll be inspired to take risks and solve their problems.

TRUST YOUR DAUGHTER WHILE TEACHING GRIT.

Psychologist Angela Lee Duckworth studies successful people in a wide variety of fields, from business to the military, and has found that the quality most successful people share is grit. The ability to stay engaged with tough tasks for a long period of time is a skill that takes a long time to build, but it's not impossible for your girl to begin developing grit right now. Duckworth believes the growth mindset can start young girls on a path to embracing failure and moving forward from it.

However, a lack of trust in your daughter can suffocate her growth. Despite all the adult-directed activities we give our kids, we need to step back and let them make some of their own decisions. We can give them encouragement and help along the way, but for the most part, we need to trust they can solve problems on their own.

When you put faith and trust in your little girl to handle her most difficult problems, she'll learn to do the same for herself.

A Super Duo

The Value of Brushing and Flossing

There are many great superhero and sidekick combos in the world. From Batman and Robin to Captain America and Bucky Barnes to The Doctor and his or her assistant, there's no shortage of powerful duos to keep us entertained.

Back in the real world, there are perfectly synced superhero and sidekick combinations that make our lives better and easier each day. One of the best one-two punches also happens to be one of the easiest to do: brushing your teeth and flossing. See how these two great actions come together as the ultimate grime-fighting team for your oral health by reading all about their adventures below.

THE HERO: YOUR TOOTHBRUSH

By covering three of your teeth's five sides, your toothbrush is in the thick of fighting plaque. Soft-bristled toothbrushes gently scrub germs and bacteria from your teeth, gums, and tongue, doing most of the dirty work when it comes to cleaning your mouth. In addition, an electric toothbrush is highly recommended over a manual toothbrush because studies show the electric toothbrush is more effective. As for timing, brushing once in the morning removes the airborne grime that snuck into your mouth at night, while brushing again before bed removes all the bacteria you've accumulated throughout the day. Both are vital to a healthy smile. Just don't forget to scrub your tongue too!

THE SIDEKICK: FLOSSING

As powerful as your toothbrush is, it can't reach all the places plaque likes to hide. Instead, you have to rely on the floss to remove those pesky germs and bacteria, which can get lodged in between teeth and gums. Floss and water picks reach those two remaining faces of your teeth — the sides of each tooth — as it glides in between your teeth to catch what the toothbrush misses. This not only protects your smile from decay but also aids in gum health, which can be vital to the overall health of your mouth.

(Pro Tip: You don't have to always brush first and floss second. In fact, Dr. J flosses and then brushes his teeth! The dynamic duo still works no matter who goes first.)

When it comes to oral health, there's no team better equipped to protect your smile in the trenches day in and day out than your toothbrush and floss, but every great team needs help sometimes. That's where your dentist comes in. Stay on top of your dental wellness by scheduling your appointment. Call our team at 703-584-5996.



Protecting Others

BY TREATING YOUR SLEEP APNEA



Sleep apnea is a deadly disease that can affect every part of your life, but it can also have a significant impact on the people around you. While your spouse may dread falling asleep next to you as you saw logs all night, studies have found that the effects of sleep apnea can be just as deadly to the people around you.

One of the symptoms of sleep apnea is excessive daytime sleepiness because the

body is not getting enough rest nor is it getting the level of sleep it needs to do the necessary functions of sleep, such as repairing damage and improving cognition. Because of this, many sleep apnea patients often feel burnt out by the early afternoon or take naps just to make it through the day.

As a result, a 2015 study found that sleep apnea patients were more than twice as likely to be the driver in an accident than others in the general population. The study also found that five hours of sleep or less increased the crash risk among patients with sleep apnea. The overall understanding from this study is that untreated sleep apnea not only affects those living with it but also the bed partners who have to sleep next to them. The symptoms that come with the condition also affect others.

However, this doesn't mean those with sleep apnea have to be more dangerous than anyone else. **In fact, with proper treatment, sleep**

apnea sufferers can be just as safe and prepared as everyone else!

Another 2015 study in the World Journal of Otorhinolaryngology found that CPAP treatment for sleep apnea can prevent 500,000 accidents, save upward of 1,000 lives, and reduce societal costs by \$11.1 billion.

And you don't need a CPAP machine to reap these benefits. Oral appliances are small, custom-fit devices that offer the same level of care as a CPAP machine but offer more in terms of cost-effectiveness, ease of use, and transportation. Oral appliances can help you combat daytime sleepiness while protecting those around you from the natural effects of sleep apnea.

Learn more about oral appliances for sleep apnea treatment and finding a solution that works best for your life by giving Dr. Jelinek and his team a call at 703-584-5996.

Sudoku

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

Solution on Pg. 4

Beet, Goat Cheese, and Arugula Salad

This crowd-pleasing dish is sure to be the biggest hit at your next gathering. And it's good for you, too!

INGREDIENTS

- 1/4 cup balsamic vinegar
- 3 tbsp shallots, thinly sliced
- 1 tbsp honey
- 1/3 cup extra-virgin olive oil
- Salt and pepper to taste
- 6 beets, peeled and quartered
- 6 cups fresh arugula
- 1/2 cup walnuts, toasted and chopped
- 1/4 cup dried cranberries or cherries
- 1/2 avocado, cubed
- 2 oz crumbled goat cheese

DIRECTIONS

1. Heat oven to 450 F and line a baking sheet with aluminum foil.
2. In a medium bowl, combine vinegar, shallots, and honey.
3. Gradually whisk olive oil into the mixture and season with salt and pepper.
4. In a small bowl, toss the beets in dressing until they are coated.
5. Place coated beets on baking sheet and roast them for 12 minutes. Set the beets aside and allow them to cool.
6. In a large bowl, toss arugula, walnuts, and berries with the remaining vinaigrette. Season with salt and pepper.
7. Top salad with beets, avocado, and goat cheese.



Inspired by FoodNetwork.com

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

Solution from Pg. 3

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Laugh It Up With Your Loved Ones

Classic Comedies for Tweens and Teens



For parents, movie selection can sometimes seem pretty limited. When your kids are young, you may feel shackled to the latest Disney animated features. But as they get a little older, you might want to introduce them to some real classic comedies. After all, who doesn't like to have a laugh with their loved ones? Here's a look at just a few side-splitting films that still hold up.

'THE PRINCESS BRIDE'

Endlessly quotable and full of heart, this 1987 irreverent fantasy story is perfect for kids looking to graduate from fairy tales. While the dialogue contains a handful of swears and enough mild innuendo to earn a PG rating, most of the violence is played up for comedy rather than appearing gritty and real. Be prepared for your kids to repeat Inigo Montoya's lines again and again.

'SCHOOL OF ROCK'

According to Common Sense Media, many parents choose to ignore the PG-13 rating on this 2003 comedy and show it to their tweens. Besides brief strong language and a few scenes with adults consuming alcohol, this Jack Black movie is surprisingly tame for being about rock 'n' roll. Beyond the endearing characters, Black's hilarious antics, and an amped-up soundtrack, the movie lands its message of self-acceptance so well that you'll be clamoring for an encore.

'MONTY PYTHON AND THE HOLY GRAIL'

There's nothing quite like the comedy of Monty Python. Surreal, witty, and unabashedly ridiculous, "Holy Grail" defies nearly every convention of storytelling and revels in doing so. That said, this film is recommended for teens since it has some strong elements of innuendo in one particular scene. Another scene contains over-the-top violence that is intentionally made to look fake, but it may still scare younger viewers. If you're looking to show your teens a whole new world of comedy, then this 1975 classic will make their imaginations run wild.