

JELINEK JOURNAL

703-584-5996

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CHRONICLES OF AN ARMY BRAT

Growing Up, Graduating From West Point, and Respecting the Flag

As an Army brat (by definition — the child of a member of the Army), I'm often asked the same question: "How could you stand to move all the time?"

Growing up, I lived in about eight different states because my father would get transferred every 2–3 years. I can't say what it was like compared to someone who wasn't in a military family, but I did get used to it. The added bonus of all these moves was that we were relocating to towns where many of the kids we went to school with had the same experiences and moved a lot, too. It wasn't too hard to make friends, because you became accustomed to that lifestyle.

In fact, sometimes when I hear that question, I ask, "How could you stand to live in the same place your whole life?"

When the time came for me to head off to college, West Point made the most sense. Officially known as the United States Military Academy, West Point is where you go when you have aspirations of becoming an officer in the Army. I knew it would provide the kind of structure I was looking for, and given my family history, it was the perfect fit. My father graduated from West Point in 1952, I graduated in 1978, and my brother graduated in 1980.

It was quite an honor to attend West Point with my brother. I could show him the ropes and support him during his first year, which is always a shock for cadets. Truthfully, I consider all my classmates and those who attended West Point with me my brothers. It's a unique experience that only so many people in our country understand, and to this day, we're still very close. We have a reunion every five years, and each year, my wife and I host local West Point alumni and our squid friends — Naval Academy alumni — for an Army versus Navy football party.

I spent four years at West Point, and after graduation, I was stationed at Fort Sill in Oklahoma. (And if you remember, it was during this stint that I met my wife.) After my service, I went to dental school, and I've been a proud alumnus and veteran since.

But part of that pride also comes from my father.

I was born at Fort Bragg in North Carolina. My father was a career military man and served in Vietnam twice as a battalion commander. During a stint at Fort Bragg just before shipping out for the war, my dad met President Lyndon B. Johnson, who was meeting with the men deploying to Vietnam. I have a photo of my dad and the former president shaking hands.

Today, I also have two nephews who graduated from the U.S. Air Force Academy and the U.S. Coast Guard Academy, respectively. In January, my daughter is marrying a man who serves in the Marine Reserves. I joke that between us all, we pretty much have all the bases covered.

In all seriousness, I'm proud of my family's military service. Growing up on a military base and serving in the military made dedication to our country just part of our daily lives. For example, anyone who grew up on a military base knows that at 6 a.m., the bugle is going to play for the reveille, during which the flag will be raised. At 5 p.m., the bugle will also play for the retreat, where the flag is lowered for the night. No matter where you are — even if you're driving — you stop, get out of your car, face the flag pole, and listen to the bugle. You honor that sacrifice, and you respect your flag. It's more than just stars and stripes; it represents the freedom that men and women on that base protect every single day.

Thank you to my fellow veterans who have served.

— H. Charles Jelinek, Jr., DDS



ENGAGE YOUR KIDS ON THANKSGIVING

With These Gratitude-Themed Games



Thanksgiving is an excellent time to teach children about gratefulness. By planning some fun, gratitude-themed games, you can impart a valuable lesson and spend some quality family time together. Get your kids in the holiday spirit by adding a Thanksgiving twist to these classic games.

PICTIONARY

Want to bring out your kids' creative sides? Pictionary is the perfect way to encourage artistic expression and grateful thinking. Try adding a rule where players have to draw something they're grateful for. This will get your kids thinking beyond turkey and stuffing and give them an imaginative way to express their gratitude. Plus, who doesn't love a good art contest?

GUESS WHO?

To play gratitude-themed Guess Who?, have each participant write down their name and something they're thankful for on a slip of paper and put it in a bowl. Then, at the dinner table, have each person draw a random slip and read what it says without saying the name while everyone else tries to guess who wrote it. While Pictionary may get your kids talking about what *they* are thankful for, Guess Who? will tune them into what others around them are thankful for too.

PICK-UP STICKS

Like regular pick-up sticks, the goal is to remove a stick from a haphazard pile without disturbing the others. However, by using colored sticks that represent different kinds of thankfulness — such as places, people, or food — you can make players think outside the box. This will ensure you get a wide range of creative, thoughtful answers whenever the kids pick up a stick.

These modified games are great for helping your kids realize how much they have to be thankful for. Use these to spend some fun, educational, quality time with your family this Thanksgiving.

Headache, Again?

Chronic Head Pain Isn't Normal, But Relief Is Possible

You roll out of bed each morning, and your head is already throbbing. You wake up in a fog with pressure behind your eyes and up through your skull. Perhaps every day, at the same time, you experience a numbing headache. Maybe these happen sporadically throughout the day, but you can't go *just one day* without head pain weaseling its way into your life.

Do any of these situations sound familiar to you?

If you're living like this, please understand it is not normal — and you do have options.

Headaches, though common, are not normal. Head pain is a message from your body that something is wrong, and while the source of this pain can vary from person to person, it should never be taken lightly.

Headaches can be caused by your diet, light sensitivity, hormones, or an injury, but a vast number of headaches can also come from jaw problems. Dental-related headaches are often triggered by temporomandibular joint disorder (TMD) and teeth grinding. These headaches are called tension headaches. The tension comes from muscle strain near your jaw's temporomandibular joints (TMJ), poor jaw alignment or posture, and stress.

But you don't have to live with this pain just because it exists or is something you have always managed on your own. Dr. Jelinek has treated a variety of patients who have lived with chronic head pain nearly their entire lives, and after a few weeks of treatment, they have reported headaches very infrequently.

When jaw problems or teeth grinding are the suspected culprits of your headaches, treatment often begins with an evaluation with Dr. Jelinek. By examining your teeth and TMJs, Dr. Jelinek will determine the source of your pain. Often, the best treatment option is to correct your bite, which is easily treated with custom oral appliances and therapeutic techniques.

Many of Dr. Jelinek's patients who have undergone treatment have drastically seen a reduction in the number of headaches that occur each month — if any occur at all.

Don't continue believing headaches are the norm. Learn more about treatment for your head pain by calling 703-584-5996 or visiting NorthernVirginiaDental.com.



“My husband has severe sleep apnea and struggled to get used to a CPAP machine. He heard about Dr. Jelinek’s customized oral device to treat sleep apnea as an alternative to using a CPAP machine and immediately sought treatment. The oral device he is using is specific to his jaw and basically keeps his jaw in place while he is sleeping. He’s been using the oral device for about three months now, and the results are amazing! His snoring is almost nonexistent. He wakes up energized every morning and no longer requires daily naps. My quality of life has also improved because I can sleep peacefully now. This device changed our lives. Thank you, Dr. Jelinek!”

–Carla S.

**Call 703-584-5996 to set up
a complimentary consultation!**

H. Charles Jelinek, Jr., D.D.S.
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HCJ

H. CHARLES JELINEK, JR., D.D.S.

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Cranial Connections

UNDERSTANDING THE LINK BETWEEN CONCUSSIONS AND JAW PAIN



Concussions have become a major topic of discussion among coaches, trainers, parents, and athletes. As more protocols are taken to avoid these dangerous and potentially life-threatening injuries, many people may not realize the adverse side effects concussions can have on your jaw.

Your brain is protected by fluids inside your skull, which also acts as a protective shell. When you receive a blow to the head or mouth, or if your

head is violently jerked back and forth, your brain knocks against your skull, causing a traumatic brain injury, commonly referred to as a TBI.

Concussions are a mild form of the injury, but the lasting effects of even one concussion can be severe. Patients may experience memory loss, psychological issues, increased irritation, and other lasting effects, including jaw pain.

Your jaw's temporomandibular joint (TMJ) helps you eat, talk, and breathe, but even a slight jolt can knock it out of place. An injury to the jaw or head could cause locking, popping noises, or crunching sounds from your TMJ. In addition, this kind of trauma can lead to inflammation of the joints' ligaments, muscles, and tissues, which, when healthy, give your TMJ the power it needs to help you eat, talk, and breathe.

Without proper examination and care after a head injury — or a blow to your mouth, which can also cause a concussion — your jaw integrity could be damaged. This could cause future

ailments, including chronic headaches, trouble sleeping or breathing, and dietary issues.

If you experience a blow to the head or mouth, consult with a medical professional immediately. Patients should get plenty of mental and physical rest to avoid the serious repercussions that can come with a concussion. After you rest, consult with Dr. Jelinek, who can examine your jaw for signs of stress or damage.

By seeking help from both a medical and dental professional, you are making the safest and smartest choice for the well-being of your head and jaw.

If you or a loved one has experienced head trauma, set up an appointment with Dr. Jelinek and his team today. Call 703-584-5996 or visit NorthernVirginiaDental.com.

Sudoku

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

Solution on Pg. 4

The Best Leftover Turkey Sandwich

Thanksgiving may be held on Thursday, but the food often lasts at least through the weekend. To make the best use of the excess, grill up some killer turkey sandwiches.

INGREDIENTS

- 2 slices sourdough bread
- 2 tbsp Dijon mustard
- 2 slices Swiss cheese
- 1/3 cup shredded leftover turkey
- 3 tbsp leftover cranberry sauce
- 1/3 cup leftover dressing or stuffing
- 2 tbsp leftover gravy
- 1 tbsp butter, room temperature

Note: Don't worry if you don't have all the leftovers required.

DIRECTIONS

1. Coat inside of each bread slice with mustard and a slice of cheese. Place turkey and cranberry sauce on one slice and dressing and gravy on the other.
2. Combine sandwich and spread butter on both sides.
3. In a panini maker or large skillet, grill until crispy and golden brown.
4. Slice and serve.

Inspired by Food Network



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

Solution from Pg. 3

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Carcassonne The Real Magic Kingdom

Every year, tourists flock to Disney's "Magic Kingdom" and marvel at Cinderella's iconic castle. As fun as it is to see this Florida-based attraction, it would be even more magical to step back in time and visit a real medieval citadel. What if you could walk the same ramparts as Roman legionnaires and climb the same towers as French kings? If this idea gives you goosebumps, pack your bags for Carcassonne, France.

A four-hour train ride from Paris, towering above the rolling vineyards of southern France, you'll find one of the most intact, accessible castles in Europe. With sweeping, concentric walls and 53 elegant towers, the Cité de Carcassonne is a breathtaking sight. Once an impenetrable border fortress between the kingdoms of France and Aragon, the gates now stand open to anyone curious enough to walk its cobblestone streets.

In fact, you can stay in the ancient city yourself. The five-star Hotel de la Cité Carcassonne occupies a former bishop's palace and overlooks the inner ramparts of the fortress. With medieval tapestries and gorgeous woodwork in the hotel's interior, you'll feel like you're living among French royalty. Of course, if you'd prefer lodging with the commoners, plenty of quaint bed-and-breakfasts exist just across the Aude river.

With rustic cafes, fresh crepes, and bustling crowds making their way down the twisting cobblestone streets, the surface-level experience of Carcassonne would be enticing to anyone wanting to explore the French countryside. But for those who want to delve into the history of this storied castle, grand narratives await you.

Just walking the walls of Carcassonne paints a picture of the past. While the outer fortifications were built by Louis IX and Phillip III, a section of the inner wall is far older. The red brick used in this part of the construction dates back to before the existence of France itself. Roman troops first fortified the hillside town around 100 B.C., giving every stone of this site a story to tell.

If you've ever dreamed of experiencing medieval life for yourself, your adventure awaits in Carcassonne.

DON'T LEAF YOUR BENEFITS BEHIND

Your dental benefits expire at the end of the year! Now is the time to schedule an appointment, because once your benefits are gone, they're gone for good. Remember all the money you paid to your insurance premiums this year? Failing to use your dental benefits means all that money goes to waste. You paid for it, now use it!

Call us to schedule your appointment today! This time of year, appointments fill up fast. Reserve your spot before it's too late. The longer you wait, the more you'll risk having to spend time away from the things you love most this holiday season. You can even call us after hours. Leave a message, and we'll take care of you. Take advantage of your dental benefits today.

If you don't use 'em, you lose 'em!

HCJ

H. CHARLES JELINEK, JR., D.D.S.

By scheduling today, you will be ready for holiday parties and the photo opportunities that come with them. If that's not enough incentive, here are a few of our top reasons to smile:

- It's still football season (Woot! Woot!)
- Zombies have not yet taken over Earth.
- Fluffy, wiggly, silly little puppies — need I say more?
- Did I mention it was football season?
- All your favorite holiday flavors at your local coffee shop
- Your dental benefits haven't expired yet (but they will soon!) and our appointments are filling up fast. Call today!

**Don't forget your benefits expire on December 31st.
It will be here before you know it!**

