



Hotel Etiquette

After reports of hotel housekeepers being improperly treated, NewsWeek offered this advice for business travelers:

1. Don't answer the door if you're not dressed.
2. Don't ask the housekeeper for help with the pay-per-view porn channels.
3. Leave immediately when the housekeeper arrives. If you can't leave, ask her to come back later.
4. Don't leave a huge tip, which might suggest unspoken intentions. Leave big tips when you check out.

For housekeepers

1. Carry a panic button or mace.
2. Pair up and clean rooms with a partner.
3. Report any unwanted sexual overtures to management.
4. Yell for help.

Quote of the Month

"A man can succeed at almost anything for which he has unlimited enthusiasm."

Charles M. Schwab

Whiten For 'The Cure'

October is National Breast Cancer Awareness Month and to honor and support 'The Cure' we will be donating \$100 for each whitening procedure we perform to The National Breast Cancer Foundation in the name of our whitening patient.

In Office whitening, take home whitening trays or power-bleaching all qualify for the \$100 dollar donation for 'The Cure'. So whiten your teeth, look and feel younger, and support 'The Cure'.



How Diabetes Impacts Oral Health

Diabetes and Oral health have been linked for some time. Diabetes is an established risk factor for gum disease, and periodontitis (gum disease) has been referred to as the "sixth complication of diabetes".

Medical Patients with diabetes should be under the care of qualified dental

team to monitor and treat their oral condition. Gum tissues of diabetic patients are hypersensitive to the least amount of plaque- they bleed easily and appear red and swollen. Those gum tissues typically have pocketing and slough routinely.

Diabetic patients may also develop oral fungal infections and burning mouth

syndrome. And these patients typically don't respond as well or as fast to dental therapy. People with diabetes need to be well monitored both medically and dentally. If you are one of 8-12% of adults with diabetes, get checked out and get healthy. Life is too short to not be well.

Why Do We Say Stuff Like That? Popular Phrase Origins

According to the phrases.org.uk, most common expressions arose from common circumstances that are sometimes no longer common.

"Here comes the bigwig."

The Bourbon kings of France, and in particular Louis XIII (1601 - 1643) were prematurely bald. It was Louis who started wearing wigs and as the king does, so his courtiers. As the custom went on, wigs became larger and larger until they sometimes required a scaffold to erect on the

head of the victim. Some wigs housed birds. Eventually, the fashion became so extreme that it became unfashionable. But in England, British barristers still wear wigs, making the phrase both ancient and contemporary.

"Go to pot"

One of the earliest references was from 1682 when a writer said a man who was hanged went to pot. The idea being that it was a one-way trip for a chicken or another animal bound for the cooking pot.

"She's a straight laced woman."

In those days, ladies wore corsets laced up in the front. A proper and dignified woman wore a tightly tied lace.

"Mind your Ps and Qs."

At taverns, people drank from pint or quart containers. The bar maid's job was to remember who was drinking what. She minded her Ps and Qs.

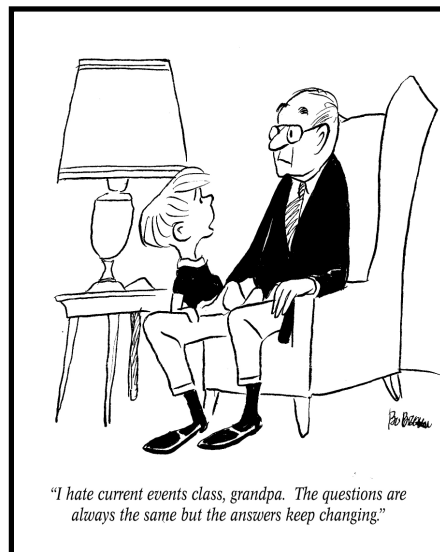
Local opinion: "gossip."

Early politicians had no radios or TVs to tell them what people thought. They sent their assistants to taverns where they were told to "go sip some ale" and listen to conversations. Eventually, the words "go and sip" morphed into gossip.

"Not playing with a full deck."

In those days, there was a tax on decks of playing cards that included the ace of spades. To avoid the tax, people would buy only 51 cards.

They were thought to be dumb because they weren't "playing with a full deck."



The 2012 London Olympics Are Just Months Away

The mayor of London, Boris Johnson, says the Olympic venues are largely completed, tickets are almost sold out, and the cost of the games will be just under \$15 billion.

Opening ceremonies are slated for July 27. For many years, London has been preparing to host:

- * 10,500 athletes from more than 200 countries
- * 5,000 coaches and team officials

- * 20,000 media personnel
- * Hundreds of thousands of visitors.

Athletes will be competing at famous venues and locations across the capital city.

Track stars will be at the new 80,000-seat Olympic Stadium; beach volleyball players will compete on the sand at Horse Guards Parade, and triathletes will be splashing in Hyde Park's Serpentine.

Roger Federer and Rafael Nadal will be in Center Court at Wimbledon.

Security

Extensive background checks of all workers are being made. Any hint of an association with terrorists or a criminal activity will prevent them from working at the Olympics.

Biometric hand and eye scans that have protected construction sites and other

airport security devices will be employed for spectators. Away from the competition sites, protecting the underground subway network and public places will be a challenge. There will be 12,000 police on duty each day from the July 27 opening through the August 12 closing.

The games have a security budget of \$770 million (475 million pounds), which official expect to be exceeded.

A Technique Guaranteed to Whiten Your Teeth!

Your smile is one of your biggest assets. It is one of the first things people notice when they meet you. A brighter, whiter smile is beautiful- it can help you feel better about yourself and make a more memorable impression. Your lifestyle and the aging process can stain and darken your teeth, such as drinking coffee, tea, cola, and red wine or smoking. Whitening can help beautify your smile, but which technique to choose? Let's look at the options:

- Whitening toothpastes- tend to only remove superficial stains and the results will fade if you stop using the toothpaste.
- Whitening strips- If you only want to stop your teeth from getting anymore yellow, or if you only want to whiten slightly, use the white strips. They are flimsy

and hard to work with, but some patients have been satisfied with the results.

- Take Home Trays and gel- this is the most common technique for whitening and one that many people have tried. If it is working for you, keep using it.
- In-Office Whitening- it is very safe and has been performed millions of times in dentist offices nationwide.
- Power Bleaching- for those who want to improve on the results they have previously achieved we have a system we guarantee will markedly whiten your teeth. It is recognized as the most effective whitening system in the world. It is totally permanent, as long as

you perform the very easy at-home maintenance. And you'll be able to drink red wine, coffee, tea, etc.



Before Power Bleaching



After Power Bleaching

Your Wrinkles and Signs of Pre-Mature Aging Can Be Reversed

Seems like an unbelievable claim, I know. But the truth is, missing and damaged teeth can wreak havoc on your facial features and attractiveness.

Let me give you an example: In the case of a missing tooth, or multiple missing teeth, the body begins to dissolve and reabsorb the surrounding bone because there is nothing there requiring its support. This results in premature aging through unnatural **creases and wrinkles**.

What happens is the space between your nose and chin decreases, meaning your nose often appears larger and more prominent. Your face then begins to look as though it is trapped in a perpetual frown as the creases pull down the corners of your mouth. This chain reaction then leads to what is commonly known as a "fallen face," and the chin

develops a distinctive point, otherwise known as a "witch's chin."

Jowls may then form and **make the face look even more unnatural**.

Sometimes the tongue will even enlarge because of the increased demands placed on it from missing teeth. This can cause speech and chewing problems. And once you've lost one tooth, it becomes much easier and more likely that you will lose others.

Of course, the same troubles affect denture wearers as well. You see dentures don't fool the jaw bone.

Because dentures aren't permanent, they don't stimulate the bone enough to keep its shape and form, which in turn gives your face shape and form.

But despite the severity of these issues, most of them can be stopped or even reversed with the proper help.

In fact, many of my patients arrive in my office looking older

than they actually are and leave **looking 10 to 15 years younger**.

Not only do they look younger, they **look younger longer**.

In fact, many claim my treatments did more for their looks than any facelift!

If you're suffering from one or more missing or damaged teeth, please **call for your FREE Consultation now**. It won't cost you a dime and you'll learn everything you need to know to reclaim your health and your good looks.

To learn how you can get the teeth you want and deserve, **call 858-454-3221 today**.



Dr. Charles Briscoe,

And The Winner Is. . .

We want to thank all of you who participated in our Referral Contest. Tickets were put in a bowl for each patient you referred. Some people referred more than one person, and received additional entries.

After much anticipation the ticket was drawn and the Grand Prize goes to **Ashley M.** for referring one of her colleagues! Big congratulations Ashley! She chose the 13" Mac Book Air – Good Choice, Ashley. Thank you!

On The Personal Side. . .

Charlie and Nancy are still adjusting to being empty nesters. They celebrated their 29th wedding anniversary with a day trip to Laguna Beach and Newport to meet family and friends. The office staff joined Charlie for a continuing education course mid-month. The end of the month was the first "Parent Weekend" at Boulder for Nancy and Charlie. What a time the Briscoe's had: the Friday welcome lunch and info courses, the Friday night **Buffalo Stampede** down **Pearl Street** (a moving pep rally with the marching band, cheerleaders, football team and fans), the Saturday tailgates, the football game with Washington State, and gorgeous weather- 80 degrees! Matthew seems to be adjusting to a whole new environment and the work load. He was happy to see his folks!

