



## Sleeping With Technology

Studies show 78 percent of 12- and 13-year-olds who own cellphones go to bed every night with the phones at their sides.

That figure rises to 86 percent among teens 14 and older. According to experts quoted in AARP The Magazine, young women take things even further with 21 percent of those 18 through 34 checking Facebook in the middle of the night.

The average 13-year-old sends and receives 3,339 texts a month, or more than 100 per day, according to the Nielsen Company, the media research firm.

Two-thirds of adults keep their cellphones next to their beds, according to Pew research.

Adults from ages 45 to 54 sent and received 323 texts a month in the second quarter of 2010, up 75 percent from a year ago, Nielsen says.

## Quote of the Month

**"Much as we let our own light shine, we unconsciously give other people permission to do the same."**

Marianne Williamson

## Beware the Dangers of Laser Pointers

The latest generation of high-powered laser pointers offer a brightness thousands of times stronger than looking at the sun, eye-safety experts warn.

The new pointers exceed Food and Drug Administration 5-milliwatt power limits on manufacturers' sales of laser pointers to consumers. But higher powered pointers are available online for as little as \$20. Some being sold generate as much as 700 milliwatts of power.

Lasers deliver a beam of focused light, usually on a single wavelength. The eye focuses the light narrowly,

which can scar the retina.

A New England Journal of Medicine report described a 15-year-old boy who scarred the retina of both his eyes after creating a "light show" in a mirror with a 150-milliwatt laser pointer. According to Switzerland's Lucerne Cantonal Hospital, even an inadvertent glance into the laser can cause immediate eye injury.

Green laser pointers can be very dangerous, the experts warn. They often emit light in wavelengths that don't trigger the eye to blink in order to block out the light. They can cause "flash blindness," a temporary loss of vision

that can last several minutes.

The laser pointers can generate a very powerful beam even when powered by small batteries.

Some of these hazardous devices are being sold online as party toys and gifts for older children, according to photonics Professor Thomas Baer of Stanford University.



## Anxiety Free Dentistry

Do you know someone who is delaying dental treatment they need or want? Are they scared, even terrified, to pick up the phone to schedule? Someone who is in pain, especially when they eat?

Anxiety Free Dentistry



may be just the answer! Which patients benefit the most from sedation dentistry?

- People with high dental anxiety and fear of the dentist
- Those with a severe gag reflex
- People who have difficulty getting numb
- Those with time constraints – who need to get more dentistry done in fewer visits
- Patients with

chronic or acute jaw soreness

- Or physical limitations such as back or neck problems
- Those who need extensive dentistry
- And people with a desire to have dentistry done comfortably while they are fully relaxed

Inquire with us about the luxury of Anxiety Free Dentistry – **858-454-3221**

# Caring for the Caregiver to Prevent Burnout

Usually, the word burnout is associated with intense people in the workforce. The second-most frequent use is associated with caregivers, those who devote themselves to the care of chronically ill or disabled family members.

The demands of caregiving can be overwhelming, especially if you feel you are in over your head. It involves stress such as household disruption, financial pressure, and the sheer amount of work involved.

As a caregiver you may be able to fight burnout by learning as much as you can about the illness or disability. It may also help you be more effective and feel better about your efforts. Other advice:

\* Know your limits. Be realistic about how much of yourself you can give. Communicate those limits to doctors, family members and other people involved.

\* Recognize your feelings. Caregiving can be rewarding but also create feelings of anger, fear, resentment, helplessness and grief. Confide in others. Don't keep your emotions to yourself. Talk to friends and family members or join a caregivers support group. Allow yourself to feel, but don't compromise the well-being of the care receiver.

\* Protect your back. Caregivers do a lot of lifting, pushing and pulling.

## Signs of caregiver burnout

\* You have much less energy than before and feel constantly exhausted.

\* You seem to catch every cold or flu going around.

\* You neglect your own needs because you don't have time for them or you don't care about yourself anymore.

\* You are increasingly irritable and impatient with the one you care for.

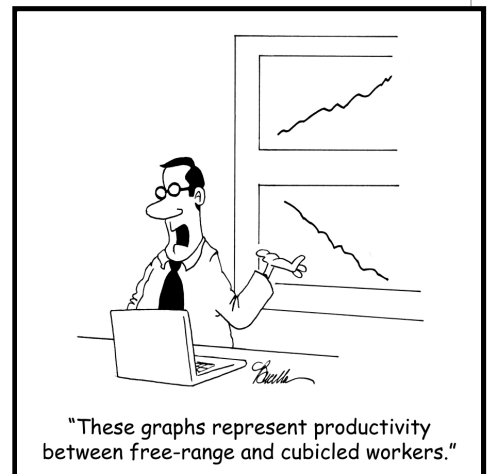
\* You feel overwhelmed, helpless and

hopeless.

The best strategy for avoiding burnout: Don't try to do it all alone!

\* Get help. Ask for help when you need it and from whoever will give it.

\* Enlist family members or friends to sit with the patient while you take a break or run errands.



# The New Nook Color Reader Has More Features

Barnes & Noble's new Nook Color is a luxury model in the e-reader world. At \$249, it packs many features into its 1-pound case, including a big color touch screen, experts say.

It connects to the Web using only Wi-Fi. Its browser is great for tasks like reading favorite sites and checking Facebook. And its digital bookstore is redesigned to make shopping for books enjoyable.

The Nook Color is aimed at people who are primarily focused on reading but crave some of the iPad's color and versatility, according to The Wall Street Journal's Katherine Boehret.

Its library has 2 million downloadable books and over 100 magazines and newspapers. Users can highlight passages from books and share them with friends through Facebook or Twitter. For kids, there is a feature where popular stories are

read aloud by people rather than a computer voice.

The unit is built on the Android 2.1 operating system, the same system used to run many smartphones. It was to be upgraded to Android 2.2 shortly, allowing it to play Flash videos. It also has apps for Pandora Internet Radio, chess and Sudoku. It lets you listen to the music you choose while working a Sudoku or doing a crossword puzzle.

Microsoft's Quickoffice for Word, Excel and PowerPoint

comes built into the Nook Color. Users can view, but not edit, documents in these programs if they are loaded onto the device.



## Dark Chocolate and Red Wine Good for the Heart!

Ancient cultures realized the benefits of the cacao plant. The Mayans believed that eating cacao made them strong and invincible. Additionally, the Aztecs walked very long distances without getting tired after consuming cacao.

The cacao plant contains flavonoids – any of a group of organic compounds that occur



as pigments in fruit and flowers. Epicatechins help to reduce blood pressure, and prevent heart attacks and strokes.

Red wine also contains a flavonoid – resveratrol. Resveratrol helps to increase HDL, or good cholesterol, as well as the metabolism.

Dark Chocolate and red wine contain high numbers in flavonoids. The darker the chocolate, the richer it will be in flavonoids. According to the journal *Food Chemistry*, Pinot Noir and Tannat have a higher flavonoid content than Cabernet Sauvignon and Merlot.

Some flavonoid benefits are:

- Reduces the risk of cancer
- Increases blood flow in arteries
- Reduces inflammation in joints
- Reduces blood clots
- Reduces blood sugars in patients with diabetes
- Reduces LDL, or bad cholesterol

Research suggests that the flavonoids in dark chocolate and red wine have heart healthy benefits; although you can enjoy these treats in moderation, they are not a substitute for a diet rich in fruits and vegetables, and green and black tea, which are also high in flavonoids.

## Are Dentures Robbing You of Health, Vitality and Longevity?

There are very good reasons why dentures and partials fail you—why you can't chew comfortably and smile confidently no matter how hard you try.

Natural teeth with their roots implanted in the gum and surrounded by bone are able to exert about 250 pounds per square inch. For normal chewing, natural teeth exert an average pressure of 45 pounds per square inch of force, ranging up to 75 pounds.

With **dentures**, the average chewing pressure is reduced to 14 pounds per square inch and for some as little as 5 pounds per square inch. **This is a 5 to 15-fold decrease in chewing effectiveness. And the longer you wear dentures the worse it gets.**

If you are a denture wearer, you know this tremendous loss of pressure means having to

**completely change your eating habits.**

Other difficulties include:

- Experiencing your dentures shift from side to side by an average of **a half - inch** during chewing.
- Struggling with being overweight or underweight because you either eat soft foods, which are inevitably high in carbohydrates and calories, or you eat very little because it's just too painful.
- Not being able to enjoy the **taste, temperature and texture of your food**, requiring you to add additional salt and spices.
- Plastic in the dentures that insulates the tissue responsible for giving you a "sense" of your food. **This may require you to add more salt than usual, which can lead to high blood pressure, and problems of the digestive tract.** Forty percent (40%) of heart disease is related to high blood pressure and

arterioscleroses.

- Shorter life span. **The average denture wearer's life is 10 years shorter than non-denture wearers!**



Dr. Briscoe

Did you know studies indicate that after 2 months of having implanted replacement teeth, patients were able to increase their maximum biting force by 85%?

After 3 years the average chewing force increased **300% compared to before implant treatment.**

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

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TO:

### Your Free iPad Is Waiting For You

We are upping the ante for new patient referrals. Anyone who refers 3 adult friends, coworkers, family members or neighbors who become patients in our practice will receive an Apple iPad.

You will, of course, receive your choice of a Free Sonicare toothbrush, a Free waterpik, a Free in-office teeth whitening, or a gift card to a local restaurant with each referral.

So, the iPad is a bonus when you reach 3 referrals.  
Thank you for continuing to help us grow our practice.

### On The Personal Side...

February began as January ended, with Matthew and Charlie off skiing in Park City. The Sundance crowd was clearing out as they arrived. The slopes were uncrowded and the snow was great for some downhill fun. Nancy and Charlie attended the "Lighting" of the new Sulpizio Cardiovascular Center. It is a gorgeous facility for UCSD to up their market share in the world of heart care. The long, cold and rainy President's Day Weekend was Matthew's final meet with his club team before starting the school swim season the next day. While his results did not earn him any medals, he is ready for the new season. Matthew and Nancy both celebrated birthdays, 20 days apart, so we ate our share of cake this month. And, as Matt turned 18, he finally got his permit and will soon get his driver's license. Yahoo!

### Woman have Different Symptoms Than Men for Stroke

- \* Sudden numbness in face, arm or leg
- \* Hiccups or nausea
- \* Shortness of breath
- \* Seizures
- \* Fatigue
- \* Chest pain or heart palpitations
- \* Vision problems
- \* Sudden severe headache
- \* Dizziness, fainting
- \* Mental confusion, trouble speaking

Think **F.A.S.T.** if someone is having a stroke:

- F**ace: Ask the person to smile. Does one side of the face droop?
- A**rms: Ask the person to raise both arms. Does one arm drift downward?
- S**peech: Ask the person to repeat a simple phrase. Are the words
- T**ime: Call 9-1-1 immediately. Brain cells are dying.