



What It Takes To Burn Off Calories From Food Choices

One way to judge the number of calories in foods and drinks is to consider the amount of exercise it takes to burn them off, and what choices you could have made instead.

A 175-pound person would have to do 48 minutes of moderate exercise to burn the 271 calories from a 2 oz. Snickers bar, but only 13 minutes for the 71 calories in an apple.

For a 12 oz. root beer, it would be 27 minutes as opposed to none at all for a glass of sparkling water.

To burn 274 calories from a cup of ice cream, you would have to exercise for 42 minutes, as opposed to 9 minutes for the 53 calories in a cup of strawberries.

Comparing a glazed doughnut with a slice of whole-grain toast with jam, the exercise times are 42 minutes and 22 minutes respectively.

Quote of the Month

“The difference between try and triumph is a little umph.”

Zig Ziglar

Head Injury Advice and Disaster Preparation

Sometimes a bump on the head that doesn't cause loss of consciousness may not seem like a serious matter. Even if a person isn't "knocked out," however, a traumatic brain injury (TBI) may have occurred.

Last year, the death of an actress, who walked away from a skiing accident, brought the risks of head injury into the public eye. She died the following day.

A TBI causes blood vessels in the brain to bleed or burst. Symptoms do not begin immediately and may not appear for several hours. They include headache, nausea,

double vision, speech difficulties, confusion, and difficulty with walking and balance.

If you have an accident that involves head impact and you experience even minor symptoms, go to a hospital to be evaluated. Doctors at Johns Hopkins say this is especially crucial if you are taking blood thinners, which increase the risk of bleeding.

Stay connected in a disaster

When a hurricane, flood or fire strike your area, one of your first concerns will be staying connected to the outside world. Always

have one corded phone at home because cordless models won't work if the power goes out.

Buy a backup battery for your cell phone. Know how to text and make sure family members know how, especially older relatives.

Pick an out-of-town contact where family members can check in if you are separated.



Will a Dictionary Attack Find Your Password?

As a personal objection to the whole password problem, many people use a word that's very easy to remember.

The most common words used, according to security experts reporting in INC. magazine, are "password" and "password1." Some

people use a common date.

These are no match for a dictionary attack. Automated password-cracking tools can check more than a million password variations in 28 hours.

Passwords composed of random strings of upper and lower case letters, numbers and punctuation can usually withstand an attack, but they are hard to remember.

Some tactics that will

create a difficult-to-break password that is easy to remember include:

* Two words connected by a number can withstand many attacks.

* Take the first letter of each word in a phrase and add a number or symbol and a capital letter. For "Mary had a little lamb": Mhll#72.

* Try strengthening an abbreviation by swapping a symbol or a number for each a or e in the abbreviation.



Give Your Brain a Workout With These Riddles

1. A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in three years. Which room is safest for him?
2. A woman shoots her husband. Then she holds him underwater for over five minutes. Finally, she hangs him. But five minutes later, they both go out together and enjoy a wonderful dinner. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?
4. Can you name three consecutive days without using Wednesday, Friday, or Sunday?
5. This is an unusual

paragraph. I'm curious to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do it without any coaching!

The Answers:

1. The third room. Lions that haven't eaten in three years are dead.
2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.
3. Charcoal, as used in barbecuing.
4. Yesterday, today, and tomorrow.
5. The letter e, the most common letter used in the English language, does not appear in this paragraph.

Boys Club Crossword

Across

1. Sports ____
4. Old enough
9. Hold up
10. Golfer's accessory
11. Wrigley Field flora
12. Bridge positions
13. Gentlemen: Abbr.
15. Objective male pronoun
16. Pilgrim's destination
18. "____ the People..."
20. Cardinal number
23. Poppy product
25. Beehive State native
26. Flood embankment
27. Pilot's announcement, for short
28. Provides food
29. "Help!"

Down

1. Fedora feature
2. Amble
3. Deep cavity
4. Defeats
5. Debacle
6. Beast of burden

1	2	3	4	5	6	7	8
9				10			
11				12			
13			14			15	
	16				17		
18	19	20				21	22
23		24			25		
26					27		
28					29		

7. Invader of the Roman Empire
8. Gaelic
14. Went on
17. Chills and fever
18. Lobo
19. Fencing sword
21. "Beetle Bailey" dog
22. Grasslands
24. "____ got it!"

S	O	S	S	D	E	E	F
V	L	E	E	E	A	E	L
E	L	N	W	I	P	O	
L	O	G	O	G	E	M	
		V	C	E	W		
E	H	S	R	S	S	E	M
S	L	S	V	E	A	L	I
R	O	S	I	A	B	O	R
G	E	F	O	A	V	A	R

The title is a clue to the word in the shaded diagonal.

Sudden Paralysis That's Not A Stroke: Bell's Palsy

No one knows for sure why some otherwise healthy people wake up one morning to find one side of their faces paralyzed.

Their skin droops on the affected side and their eye won't close. They drool and can't smile.

It's terrifying and many victims think they have had a stroke. Actually, they have Bell's palsy, a generally temporary condition named for a surgeon who first described it in the early 1800s.

Most patients recover with no lasting effects. Doctors think many would recover without treatment.

But you should get immediate

medical attention so doctors can rule out other causes, such as brain tumors, strokes and injuries.

Neurologists at the University of Colorado School of Medicine in Denver think Bell's palsy may be caused from damage to a facial nerve. The nerve runs through a narrow, bony canal beneath each ear.

The neurologists have found that the nerve is swollen and inflamed in Bell's patients, which causes damage and sudden symptoms.

They prescribe antiviral drugs and steroids to improve symptoms, according to the Journal of the American Medical Association.

Bell's palsy continues to baffle the medical community since there is no conclusive evidence about what treatment actually cures it.

Seeing a doctor right away, however, is a patient's best bet for avoiding lasting effects.

Some 85 percent of patients recover fully, but the remaining 15 percent have some problem long after other symptoms are gone.

A professor of oncology at the University of Pittsburgh says he had Bell's many years ago. Ever since, his eye closes when he smiles.

Fewer Cars Qualify As “Top Safety Picks” For 2010

For studying 2010 models, the Insurance Institute for Highway Safety added a new roof-strength test to the already-rigorous test it used before.

Increasingly, the tests address specific circumstances under which drivers and passengers are injured and killed in collisions.

Aimed at protecting passengers in roll-over collisions, the new requirement reduced the number of top-rated vehicles to 27 for 2010 models, compared with 94 in 2009.

To become a top safety pick, a vehicle has to have the group's top rating in front, side, roll-over and rear-impact crash tests.

It must also have electronic stability control, which helps drivers maintain

control of their vehicles in situations that might result in crashes, according to The Wall Street Journal.

Large cars that received the top rating were the Buick LaCrosse, Ford Taurus, Lincoln MKS and Volvo S80.

Midsize cars with the top rating were the Audi 3, Chevrolet Malibu built after Oct. 2009, Chrysler Sebring with optional ESC, Dodge Avenger with optional ESC, Mercedes C Class, Subaru Legacy, Subaru Outback, Volkswagen Jetta 4-door, Passat 4-door and Volvo C30.

Top safety picks for small cars were the Honda Civic 4-door, Kia Soul, Nissan Cube, Subaru Impreza, and the Volkswagen Golf 4-door.

Top picks for midsize SUVs were the Dodge Journey, Subaru Tribeca, Volvo

SC60 and Volvo XC90.

Among small SUVs, the winners were the Honda Element, Jeep Patriot, Subaru Forester and Volkswagen Tiguan.

Toyota, says its Camry came close to perfection but fell short in the rear-impact test. Their spokesman called the institute's findings "extreme and misleading" since only three of their 38 vehicles were tested for roof strength.

BMW had no picks but says its cars pass roll-over tests conducted internally.



Are The Winter Blues Getting You Down? Try These 10 Tips

Want to know how you can make your own mood?

Then try these tips on for size, I think you'll like 'em:

1. When you wake up, or right this minute, go to the bathroom and start smiling at yourself.

Even if you don't feel like it; fake it. Research shows smiling creates a natural substance in your body that makes you feel better.

2. Find something to whistle about. Find something to hum or sing about. It's hard to feel bad while you are singing or humming happy tunes.

3. Get some exercise. Everyday you should get enough exercise to produce at least one bead of sweat across your forehead.

How much exercise is that going to be for you? It may be 2 minutes, it may be 30 minutes. The key is baby steps.

4. If you're feeling particularly blue, change the scenery. Go outside. If you are home, go to a mall, go for a walk. Play a sport or spend a couple hours volunteering. Focusing on someone else will make you feel better about you.

5. Eat right with lots of fruits, vegetables, nuts and legumes. Minimize the animal fat and sweets you eat by replacing them with foods that naturally exist in nature.

6. Play with a family pet. This can be a major stress reliever, whether it's throwing a stick for your dog, letting your cat chase a string or just petting a furry critter.

7. Read books that uplift and fulfill you.

Read books that you know will have a happy ending or will in some way make you feel good about yourself.

8. Limit your daily intake of TV, newspaper and radio news, particularly if the news is negative.

9. Watch TV programming that makes you feel hopeful and optimistic, not angry, scared or depressed.

10. Get at least 7-9 hours of uninterrupted sleep each night. The important thing is to know how much you need and love yourself enough to get it!



Dr. Briscoe

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TO:

Is Your Breath Kissing Fresh for Valentine's Day?

Fresh breath and the confidence it brings personally, socially and professionally cannot be overstated. Make sure your breath is as fresh as it can be for your Valentine. Breath mints, candies and mouthrinses only cover the odor for a very short amount of time. Persistent bad breath often has a dental cause: gum disease, ill-fitting dental appliances, or decay. If you know someone whose breath you can smell across the room, give them our phone number and we can determine if there is a dental solution to their problem.

Gold Medal Service

1. Many of you have experienced our Gold Medal Service of fluoride gel at the end of your cleaning visit. The gel has 120,000 parts per million uptake in 60 seconds with an additional 60,000 ppm in the second minute. What that means to you is that the fluoride gel on the freshly cleaned teeth will:

- Remineralize the root surfaces.
- Help make the teeth resistant to decay.
- Help to disorganize the biofilm in the gum pockets which will create more resistance to gum disease.

2. We are introducing a Rewards program for our valued patients. Should you choose to participate, you will earn points you can use at the office for services and products. Learn more from Madeline at your next visit.

On The Personal Side...

It is already February! Looking back, I hope your Holiday Season was a good one. Nancy, Matthew and I traveled to San Francisco and Sonoma to see family and friends, taste some wine, and see some sites. The weather was cool and the sun did not shine, so it felt good to come home to San Diego. January got us back on track at the office and Matthew at school. The month flew by, complete with a wet and wild series of storms.

February should be exciting with the Olympics, Valentine's Day, birthdays for Nancy and Matthew, and hopefully a ski trip. I'll keep you posted.

Sincerely,

Charles Briscoe