



Good Night, Sleep Tight, Don't Let the...(You Know)

In large cities, such as New York, San Francisco, Chicago and Cincinnati, the bedbug problem is so serious government agencies are getting involved.

Propoxur, the only chemical that kills them effectively, was banned for home use by the EPA because of ill effects on workers. And outdoor pesticides are not recommended in homes.

Heating a room to 113 degrees or more, however, kills the bugs but is an expensive procedure.

For home infestations, the EPA recommends reducing clutter, sealing cracks and crevices, vacuuming often, drying infested clothes and bedding at high heat, and using a special mattress cover.

When staying at a hotel, inspect mattresses, box springs and headboards for bugs and the ink-like streaks of their droppings.

Quote of the Month

"I don't think anything is unrealistic if you believe you can do it."

Mike Ditka

The Belly: A Big Problem If Nearing Age 50

Want to live 10 years longer? Your chances are good if you can reduce the size of your waistline.

The problem comes as you approach age 50 and move beyond that milestone. People who may not have gained a pound have decreased muscle mass and increased fat stores, especially at the waist. Scientists say belly fat secretes proteins and hormones that contribute to inflammation, interfere

with how the body processes insulin and raises cholesterol levels.

According to Internal Medicine, men and women with the biggest waistlines have twice the risk of dying over the coming decade. Individuals with four extra inches around the waist had a 15 percent to 25 percent increased risk of dying within 10 years.

The most common causes

are respiratory illness, heart disease and cancer. Some studies link waist size to dementia, asthma and breast cancer.

At age 50 and over, more than half of men and 70 percent of women have belly fat.



Getting Bulbs To Bloom Over Holidays

It's not too late to plant conditioned daffodils that will bloom in time for your Christmas and New Year gatherings.

If you are forcing bulbs in November or early December, it takes only five weeks to make them mature and bloom. Tazetta-type bulbs don't have to stand in the refrigerator for weeks before planting. They are conditioned with sunshine and nutrients before they

go dormant.

The bulbs have names such as Paperwhite, Soleil d'Or, Chinese Sacred, Avalanche and Silver Chimes. Whichever you decide on, select the largest, healthiest-looking bulbs you can find. Large bulbs can produce up to 12 blooms per spike and bloom over a six-week period.

How to plant bulbs indoors:

* For the best show, choose a long, low container. It's good to have a drainage hole. If it doesn't, you will have to tip the planter to pour out excess water.

* Fill the container two-thirds to the top with

potting soil, sand, gravel, pebbles or marbles. Bulbs will grow in any of these, but potting soil is more likely to hold plants upright.

* Place the bulbs with pointed ends up and touching each other or close together. Then fill soil up to a half-inch from the top of the container. It's OK if bulb tips peek through.

* Keep the soil and bulbs moist but don't let the bulbs stand in water. Set the container in a bright place with filtered sun. Turn it every two to three days so plants grow up straight.

* To speed up the blooming period, put the container in full sun and find a warm spot for it at night.



Make a Shopping List: Milk, Eggs...and a Flu Shot?

The Centers for Disease Control and Prevention (CDC) estimate that between 150 and 180 million flu shots will be distributed this year. Many of them will be given by pharmacies such as CVS, Walgreens and Rite Aid.

The shots cost \$25 to \$30 but are covered by health insurance and Medicare Part B.



This year, the flu shot features protection against two strains of the seasonal flu as well as the H1N1 (swine flu).

If you're thinking about getting one, remember it takes about two weeks after immunization for full protection to develop.

While the CDC predicts there will be enough vaccine for all comers, doctors are already pretty busy, so they may not be able to accommodate the millions of people who need a flu shot. Clinics at various locations will help, but people have to be there on a certain day at a certain time.

As a result, pharmacies are gearing up for the demand. CVS will take appointments made by computer or in person, but will take walk-ins whenever they are open.

Walgreens has 25,000 pharmacists that will give flu shots. It also offers gift cards for shots. The chain administered 7.5 million flu shots last year, and predict 30 million this year.

Rite Aid has tripled the number of pharmacists who can administer flu shots. They gave 250,000 last year but ordered a

million doses for 2010.

Grocery chains like Supervalu also give them at its 800 pharmacies. Kroger has them available in all of its 1,900 pharmacies.



Protect Fragile Health During Holiday Air Travel

For those who plan to travel, but have chronic conditions, such as diabetes, COPD, cancer or heart problems, the holiday season is a bit more complicated.

But medical professionals at the Johns Hopkins Bayview Care Center think it's worth the hassle. Why? Because such trips are an opportunity for increased physical activity, social engagement and mental stimulation.

If you have a potentially life-threatening illness, however, it's important to have your doctor OK the trip first.

After approval, medical professionals say you should carry a health profile that gives a detailed medical diagnosis, allergies and a medication list that includes both generic and brand names and their dosage(s).

Create a list of the names and telephone numbers of health care providers and emergency contact people, and photocopies of your insurance card and your passport or photo ID.

Keep your health profile on your person, maybe in your billfold, but have another copy in your checked luggage.

Carry a letter from your doctor explaining your medical conditions, medications and required devices, which you can show security at check-in. If you take insulin for diabetes, your doctors should list the devices used, such as a syringe and needle.

Put your prescriptions and over-the-counter medications in a clear plastic bag in your carry-on luggage and pack enough for the entire trip.

If you are on a special diet, contact the airline to see if you can bring your own food or drinks onto the plane.

Those who require supplemental oxygen because of lung problems should contact the carrier before booking a flight to see if the airline can accommodate them. Airlines usually provide their own oxygen equipment.

Notify the airline ahead of time if you use a wheelchair, walker or service dog.



The Complicated History of Clock-Setting in the U.S.

For most of the early 19th century, America had a confusing mix of times because each community could decide what time it was for themselves.

For example, the state of Wisconsin had 38 time zones. In 1883, the railroad standardized time zones for itself, but that didn't matter much to people who weren't traveling.

Early supporters of clock turning included Marcus Marks, president of the borough of Manhattan. He said people would stay out later, play more games and spend more money, making everyone healthier and wealthier.



"Summer Time" was also supported by chambers of commerce, restaurants, the American Medical Association, insurance companies and labor unions.

It was 1907 when Englishman William Willett proposed advancing clocks 20 minutes each Sunday in April and reversing them in September. He said it made people more cheerful.

Yet all of this might not have been enough to institutionalize daylight savings, if it wasn't for World War I. The government said fewer lamps lit in the evening would mean more fuel for the war effort. So on March 31, 1918, America turned its clocks ahead one hour.

But in 1918, many Americans didn't own a clock. On farms, people rose at sunrise and retired after twilight.

During World War II, clocks were set ahead year round. But from 1945 to 1966, states and cities could choose



if and when to observe daylight time. As an example, one 35-mile strip between West Virginia and Ohio had seven time zones.

Then, in 1966, the Uniform Time Act standardized daylight-saving time, although states can exempt themselves. And areas near large cities can opt to stay in the city's time zone even if in a different state.

Arizona (except for the Navajo Nation) and Hawaii, are the only states that don't observe daylight-saving time.

Mother Knows Best: Caring For Your Family Every Day

Are you the one in your family who sees to it that everyone is getting the healthcare they should?

If you're a woman and you answered yes, welcome to the club. Studies show 85% of all healthcare decisions are made by women.

Why? Because men and children look to the women in their lives for general care-taking.

In his book, *Re-Imagine*, Tom Peters treats women as the great, undiscovered asset of society. And he's right to do so.

While men as a group are hesitant to admit how much they depend on women as caregivers, women know they are key players and most enjoy their role.

The fact is, one of the most important roles of all time is being a mother. Our society depends on moms and Dr. Moms for care, love, guidance, teaching, direction, and steadfast commitment.

But this article is about more than praising moms. It is about what you can do to help guide the health care of your husband, your children, and yourself in life.

As the major influencer for your family, it is your duty to take care of yourself, to look your best and to lead your family by example. What's more, when you enjoy good health and high self-esteem, you're even better equipped to perform your motherly duties.

So despite any guilty feelings you may have had in the past, let me assure you, it is NOT selfish or self-indulgent

to get the health and smile you deserve.

Why not? Because when your dental health is bad, you pass to your spouse and children bacteria that can cause infection, decay, gum disease, and life-threatening disease.

In fact, 70% of all people who live together in households share the same oral bacteria.

To learn more about how you can get the health and satisfaction you and your family deserve, **call 858-454-3221 today for a free consultation.**



Dr. Briscoe

Charles Briscoe, DDS
La Jolla Dental Care
7737 Herschel Avenue
La Jolla, CA 92037

TO:

On The Personal Side...

October started out well with some nice warm weather. But on 10/11/10, Nancy's father passed away after suffering with Alzheimer's disease for better than 3 years. Nancy, Matthew and Charlie traveled to the small town in northwestern Tennessee where he and her mother lived. Better than 200 people turned out on a beautiful autumn day to pay their last respects. A quiet man, he apparently made a connection with a lot of people over the years. We certainly have many fond memories of the good times we all spent together. Nancy stayed on the rest of October to help her mom adjust, while Matthew and Charlie returned home to apply to colleges for next year.

Because you asked.....

So that dental treatment can be done *now*, and **spread the payments out** over time, we now offer third party financing through CareCredit. It has helped several patients receive their treatment now and spread the payments out over six months to six years. The terms are reasonable and it leaves your credit card available for other expenses. It has helped patients continue with care even though their insurance benefits are exhausted.

We saw several broken teeth and loose crowns last month with the seasonal candies starting to appear. Remember if you have any halloween candy left, you don't have to eat it. You can give it away or throw it away. Don't let it hurt your teeth.

Team Member Highlights

Mary has been a Registered Dental Hygienist for 25 years. She and Scott have been married for 10 years and have a daughter, Paxton, who is 8 years old. Paxton is a third grader at La Jolla Elementary School. Their "other child" is an Old English Sheepdog named Winston. He will be 6 years old on Christmas Day.

Mary is keeping busy this Fall with soccer practice and games, and dance classes with Paxton. She also volunteers at Paxton's school and tries to fit in a workout as much as possible. For the Holidays, Mary, Scott, and Paxton will go to Wisconsin and then on to New York City for their New Year's Celebration.

