



New Rule Will Save Lives in Rollover Crashes

Passenger vehicles, including cars and light trucks, will have to prevent occupants from going through the side windows during a rollover, even those who are not wearing seat belts, according to new rules by the National Highway Traffic Safety Administration.

Some SUVs already have rollover-sensing side airbags that deploy instantly in the event of a rollover and stay open for a few seconds to keep occupants from being thrown through the windows.

When fully implemented by model year 2018, the new rule will prevent an average of 373 deaths and 476 serious injuries every year. The new rule will be phased in beginning in 2013.

The government doesn't specify how carmakers should carry out the protective measures, but side-sensing airbags are probably the improvement of choice.

Quote of the Month

"Do not try to be anything but what you are, and try to be that perfectly."

Frances de Sales

Dine-In Cinemas Gain Popularity

The days when you go to the movies, sit on a hard, sticky seat and eat a \$10 candy bar are almost history.

These days movie theaters have gone Hollywood combining comfy seats and fancy decor with in-theater restaurants.

The new dine-in cinemas bring new meaning to 'dinner and a movie.' At one Edison, N.J. cinema, the menu not only includes the latest 3-D flick but also a Tuscan pepperoni pizza, prime rib sandwich, shrimp dinner, and a brownie sundae. All the offerings are priced competitively with restaurants such as

Applebees.

Some cinemas have a bar where viewers waiting for the next show can have a cocktail or a beer. Waiting areas have been turned into living rooms, with sofas and chairs.

Other cinemas offer generous seats situated in pairs, some with tables and in-seat ordering. Wide aisles offer privacy to couples and prevent waiters from blocking the view of patrons. Of the 5,750 movie theaters in the U.S. about 400 are now dine-in cinemas and that number is expected to double in the next few years, according to the

National Association of Theatre Owners.

One industry executive says these theaters are the future of movie-going. At iPic Entertainment they say the movie experience has been one size fits all, but now they realize that if you give people amenities, they are more than willing to pay for them.



Is Your Body Telling You To Be Grumpy?

Psychologist Mark Salem says a bad mood is your brain's response to outside conditions.

But you can change your mood by changing conditions. Here's how:

* Smile even if you don't feel like doing it. You



can't be angry when you're smiling. Just try it. It's impossible.

* Clean. Visual confusion makes us uneasy, so pick stuff up from the floor and take the glasses off the coffee table. At work, visual confusion can be used in your favor. If you don't want people to linger in your office, clutter up the desk.

* Wear something blue. It's relaxing. Orange is the biggest irritant. Red suggests power.

* Throw off your taste buds by putting OJ into your coffee or eating sweet-and-sour chicken. Varying textures works too. Eat nuts or popcorn when you're in a bad mood.

* Sniff a lemon. Nice smells can turn your mood around.

* Pet your pup. Salem says skin-to-skin or skin-to-fur contact is a natural upper.

Mark Salem is the author of *The Six Keys to Unlock and Empower Your Mind*.

3 News Briefs: What's New On The Senior Scene

Help for the 'doughnut hole'

Beginning in 2011, seniors stuck in the doughnut hole will see the cost of their brand-name drugs discounted by 50 percent at pharmacies.

Previously, after yearly drug costs exceeded \$2,800, they would have to pay the entire cost of prescription drugs out of their own pocket. As a result of the reform to health care, the doughnut hole will gradually get smaller until it's fully closed in 2020.



Seniors don't have to do anything at all to receive the 50 percent discount after they arrive at the \$2,800 limit under Medicare Part D. Pharmacies should discount their prescriptions automatically, but it might be a good idea to remind them.

Better reverse mortgages

A new type of reverse mortgage is attracting the attention of more affluent borrowers who are eager to extract cash from their homes. The mortgage can provide a lump sum or monthly payments to people age 62 and older.

The Federal Housing Administration (FHA) has introduced the "Saver,"

which reduces fees by about 40 percent. Lenders such as MetLife Bank, Bank of America and Wells Fargo, are marketing them.

The FHA reduced its typical 2 percent charge for the mortgage insurance premiums, to 0.01 percent of the property value for the Saver mortgage. Owners are limited to borrowing 80 percent to 90 percent of what they could get with a regular reverse mortgage.

More older folks go online

Eldercare Locator, a service of the U.S. Administration

on Aging, has released a guide to help seniors do things like go online to join social networks, hook up to Skype or explore Google.

The fastest-growing group of people using social networking today is adults ages 65 and older, followed by those in the 50 to 64 age group.



Red Wine Emergency: Two Solutions For Removing Stains

When a glass of red wine is spilled on your carpet, it requires immediate attention. The longer it stands, the harder it is to remove.

Commercial products like OxiClean and Wine Away do an excellent job of removing red wine stains, but try this homemade version if you don't have either of those on hand.

1. Gently blot the spill

with paper towels or a clean cloth. Don't rub or you will force the stain into the carpet fibers.

2. Combine 1 teaspoon carpet shampoo (or dish soap, like Dawn) and 1 cup hydrogen peroxide in a small bowl. Soak a clean sponge in the mixture, squeeze it halfway dry, then gently blot the stain. Continue until the stain lifts.

3. Sponge the stained

area with warm water.

4. Blot dry with a clean cloth or paper towels.

If you don't have peroxide, try this:

The white wine cure

White wine will neutralize red wine and will make it easier to lift the color off of your carpet or clothing. Simply pour white wine over the stained area and very gently blot the liquid up with a thick

towel. Once you have the majority of the spill blotted up, take your favorite carpet shampoo, or clothing stain remover, and clean as you would if the wine stain were a bit of dirt on the carpet.



Weight Watchers Changes Rules & Sleep to Lose Weight

Weight Watchers allows zero points for fruits, vegetables

The company, which since 1997 has helped millions of dieters lose weight through its point system has changed its values. Previously, dieters could eat whatever they wanted, as long as they kept portions under control.

Now, company president David Kirchoff concludes, on Weight Watchers website, that calorie counting has become unhelpful. Quoted in Time, he says, "When we have a 100-calorie apple in one hand and a 100-calorie pack of



cookies in the other, and we view them as being the same because the calories are the same, it says everything that needs to be said about the limitations of just using calories in guiding food choices."

The new point system favors food that is high in protein or fiber (0 points for fruit and vegetables except starchy ones like potatoes) and higher points for foods loaded with carbohydrates, which are easily absorbed and turned into fat.

To lose weight, sleep more

Diet and exercise are important when you want to lose weight, but unless you get a good night's rest, pounds are likely to stay where they are.

One study found that overweight adults lost 55 percent less fat when they got 5 1/2 hours of sleep a night compared to adults who slept 8 1/2 hours. And the sleep restricted group



lost more muscle mass, which slows metabolism.

David Rapoport, MD, associate professor and director of the Sleep Medicine Program at the New York University School of Medicine, says doctors have long known that hormones are affected by sleep. It wasn't until recently that appetite and the influence of leptin and ghrelin entered the picture. Doctors found that both can influence our appetite. And studies show that production of leptin and ghrelin are influenced by how much we sleep.

If leptin and ghrelin are at low levels, a person will feel more hungry throughout the following day and will eat more.

Beat the Blues With These 10 Helpful Tips to Healthy Living

Want to know how you can make your own mood?

Here are 10 tips proven to work:

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. Every day 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.



Dr. Briscoe

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!

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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.