



## Check Your Pulse

Do you know your resting heart rate? It's one of the easiest ways to calculate the health of your heart.

A study at Georgetown University found that people with the highest resting heart rates, over 76, were more likely to have a heart attack than those with the lowest rate, 62 or under.

Take your pulse after resting, not talking much and not smoking for 20 minutes. It could be higher on stressful days, when you are very tired or when you are coming down with a cold.

Check your pulse by placing a finger under your wrist. Count the number of beats for 15 seconds and multiply by four. Or count the beats for a full minute.

Regular exercise can lower a heart rate and relaxation strategies can help too. Breathing exercises, meditation and peaceful music can also lower it.

**Quote of the Month**  
"Prayer is not an old woman's idle amusement. Properly understood and applied, it is the most potent instrument of action."

**Mahatma Gandhi**

## Affordable New Safety Gear For Your Car

You can now have sophisticated pieces of safety equipment installed in your car that are like those in luxury cars such as Infiniti and Mercedes-Benz, according to a report in Money.

**Rear- and Side-View Cameras.** In the Infiniti EX35, they show video of areas outside the vehicle that may be hard to see. It's on a screen in the dash or a cutout on the rear-view mirror. Very useful on SUVs and trucks: \$500.

**Blind-Spot Warning.** In the Audi Q7, it warns you with

a light in or near the side mirrors. Some flash if you activate a turn signal while a car is there. Widely available on luxury cars: \$500.

**Lane Departure Warning.** As on the BMW 750, it lets you know with a light or sound if you are about to cross a lane marker without using a turn signal. The Infiniti EX35 crossover also brakes slightly on one side to nudge the car back into line. It comes on many luxury models: \$500.

**Driver Alertness Monitoring.** On Volvo and Mercedes-

Benz cars, it watches steering habits for signs of fatigue. If driving is erratic, the feature alerts you, with an alarm and a light, that you should take a break. This system is not available for other cars.

With all these, safety depends on the driver's response to the signals.



## 12 Memorable American Anniversaries

### 200 years ago, 1810

The U.S. assumed control over west Florida, which became parts of Louisiana, Alabama and Mississippi.

The third U.S. Census found the population to be 7,239,881. It was a 36.4 percent increase since 1800.

### 150 years ago, 1860

The first rider for the Pony Express left St. Joseph, Mo. It took him 11 days to reach Sacramento, Calif.

U.S. population 31,443,321. There were 33 states in the Union.

### 100 years ago, 1910

An estimated 1.8 million children were employed full time. The high school graduation rate was about 10 percent.

U.S. population: 93,402,151, of which 1,041,570 were immigrants.

### 75 years ago, 1935



Amelia Earhart became the first pilot to fly solo from

Hawaii to California.

In Richmond, Virginia, canned beer was sold for the first time.

U.S. population: 127 million.

### 50 years ago, 1960

Hawaii became the 50th state.

U.S. population: 179,323,175.

"The Pill" contraceptive came onto the market for the first time.

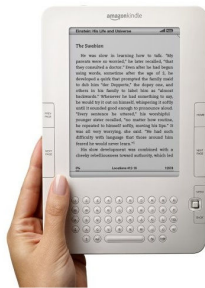
Estimated 2010 U.S. population: 307 million.

## Kindle Saves College Students 50% on Textbooks

The high cost of college textbooks is tempting many students to buy an Amazon Kindle DX (\$489). It saves about half the price of buying each textbook.

Amazon wants to adapt the Kindle to academia. The DX has a large screen and is much lighter to carry around than a couple of text books.

Students have discovered that it's easy to highlight passages with yellow, then



move those excerpts or pages to a separate screen. But the unit still has a way to go before most students will trade in their hard copies.

Amazon gave the Kindle to about 200 students and loaded it with their textbooks. The Associated Press asked them how they felt about the unit.

Most liked the prospect of having anytime access to a semester's worth of reading on the Kindle, which can wirelessly download books or get material by being plugged into a PC.

They liked how light it is, just over a pound, and many said they would overlook any technical difficulties if it meant not having to carry books.

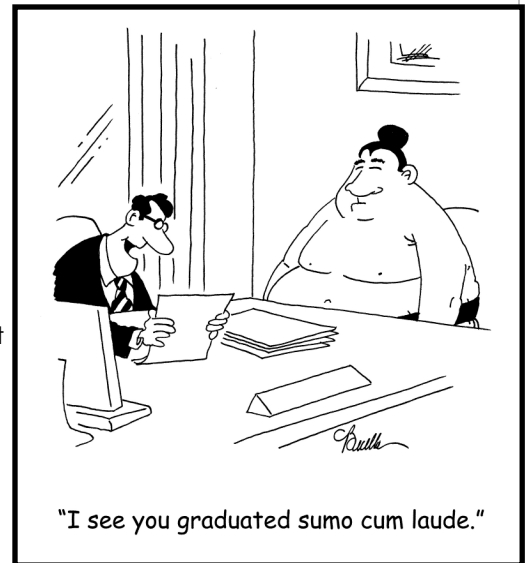
They also liked the electronic screen, which is easier on the eyes than reading from a computer monitor.

One student reported that the Kindle has improved her study habits. It can do things that books can't, like read homework out loud. Others liked being able to search the Web and send email while away from their computers.

Those complaining about the unit said the keyboard was too small and the unit doesn't show page

numbers. They have to search for a word to find a certain page. Professors began referring both to textbook page numbers and Kindle locations.

Some didn't like the format because they couldn't zoom in on it or write on it.



## New Guidelines Can Help Analyze Back Pain

The American College of Physicians and the American Pain Society have released a new set of guidelines.

But before visiting a physician, doctors recommend patients think about when and how their back pain developed.

Why? Because this information can be critical to an accurate diagnosis.

Do not, however, wait for an appointment if there is any loss of sensation or strength in the leg, or a fever results. Seek immediate medical attention.

\* Shooting pain and tingling could be caused by lumbar disc disease.

\* Back pain that intensifies and subsides repeatedly might be caused by a kidney stone.

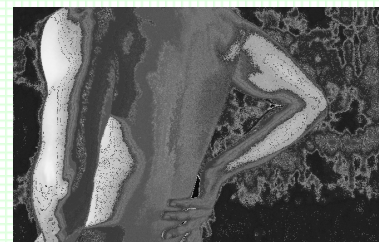
\* Pain that shoots down one leg to behind the knee is an indication of sciatica.

\* Tender points and pain in the spine, neck, shoulders and hips could be caused by fibromyalgia.

\* Most back pain can be treated without surgery. Physical therapy and education on lifting and movement techniques are recommended. To prevent back

injuries:

- \* Lift with your legs. If you have back problems, don't lift much at all.
- \* Stretch daily to keep the back limber and to improve circulation.
- \* Keep abdominal muscles strong. They support your back.



## 3 Tips for Keeping Your Family Healthy This Winter

### To help avoid a cold:

#### Keep your feet warm

A number of studies show that feeling generally cold outside or indoors will not cause a cold. Having cold feet, however, can make you more likely to get one.

Researchers at Cardiff University's Common Cold Center (Wales, U.K.) say that having very cold feet could jump-start a cold. Cold feet, the doctors explain, cause constriction of the blood vessels in the upper airways, which may reduce your



body's defenses against viruses.

It wouldn't hurt to make yourself comfortable and reduce your chance of a cold at the same time.

Put on some thick socks if the floor gets drafty when you watch television, and wear them outside when the weather is frigid.

#### Healthier turkey sandwich

If you've added a few extra pounds over the holidays, you may want to cut calories and preserve the taste of foods at the same time. When it comes to a chicken or turkey sandwich, you could reduce calories by more than 200 (or walk for a half hour for the same effect).

First, remove the skin from the meat. That's where most of the fat is found.

Second, use fat-free or low-fat salad

dressing on the sandwich. You can load the sandwich with all the lettuce and tomatoes you can eat, because they have very few calories and are healthful.

#### Headaches linked to inactivity

Norwegian surveys of more than 68,000 people show that being sedentary may increase the risk of developing frequent headaches.

Over an 11-year period, researchers found that subjects who never exercised were 14 percent more likely to develop nonmigraine headaches than exercisers. Participants who reported pre-existing headaches were more likely to be physically inactive.

Study authors say protection against headaches is a good reason for people to lead a more active lifestyle.

## 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 Office looking older

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



Dr. Briscoe

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**.

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

TO:

### Are Your Teeth Ready For the New Year?

January is the time everyone wants to lose weight and get in shape. Some of you have put off taking care of your dental needs, while others have been thinking of rejuvenating your smile. Now is the time to start! Give us a call at 858-454-3221 while you are thinking about it. If it is after hours, leave a message on our answering machine and we'll get back to you, or email at [ljdentalcare@san.r.com](mailto:ljdentalcare@san.r.com). By the time you read this, January is here!

### Thank You –

Each of us here at the office would like to thank each and every one of you for being our patients and working toward attaining and maintaining optimum oral health. Each year starts out with new hopes, aspirations and goals toward health and well being, both as individuals and as clinicians, for each of you. We are constantly working to fine tune and upgrade, where needed, our delivery systems of dental care and communication. It is both a privilege and an honor to serve you.

For those of you who have referred your family, friends, and neighbors, Thank You for honoring us with their care. We continually strive to earn your trust and respect.

From all of us to all of you, May 2010 be a Happy, Prosperous and Safe New Year.

Sincerely,

*Charles Briscoe*

### Music Festival Crossword

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			

Across

- Hit hard
- Sandler of "Big Daddy"
- Fine-tune
- Father, in Paris
- Shakespeare, the Bard of \_\_\_
- "Guilty," e.g.
- Follower of famous geneticist
- "It's no \_\_\_!"
- Whirlpool
- \_\_\_-American
- First-rate
- Restaurant handout
- Dash
- Amazes
- Arduous journey

Down

- "Kapow!"
- Lifted
- Soon, to a bard
- Drooping
- Fruit dessert
- Sandwich shop
- Length x width, for a rectangle
- Double curve
- \_\_\_ Cass
- Not many
- Coastal raptor
- Big laugh
- "\_\_\_ bitten, twice shy"
- Docile

The title is a clue to the word

K	E	T	R	S	E	M	A
E	R	A	C	E	N	U	M
E	N	O	A	O	R	A	V
M	O	M	S	T	R	O	M
S	E	U					
N	A	N	L	E	D	N	E
A	P	L	E	A	N	O	A
E	R	E	P	E	N	O	H