

# NEWS YOU CAN USE

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## Just a Sprain?

Think twice the next time you're tempted to say, "Oh, it's just a sprain."

For a Grade 1 sprain, doctors say, you can simply follow the RICE recipe:

**R**est the ankle, no walking, **I**ce it for 20 minutes at a time, **C**ompression, and use an ace bandage to immobilize it, but not too tightly, **E**levate the ankle for 48 hours.

But for a Grade 2 sprain, you may need a doctor to splint the ankle.

And a Grade 3 sprain can cause permanent instability if not properly treated. Usually, a short leg cast or brace may be used for 2 to 3 weeks.

A Grade 3 sprain also calls for rehabilitation to decrease pain and swelling and to prevent chronic problems. Ultrasound and electrical stimulation may be used. Without proper treatment, the ankle may become permanently unstable, resulting in many ankle sprains in the future.

## Insurance

Holidays are upon us! If you need dental treatment prior to year-end **call our office today!**

## Your Dental Cleaning

Prevention should serve as a lifestyle pattern for total health. Prevention in dentistry leads to improved long-term oral health and reduced dental costs. It encourages a bright smile, fresh breath, and an overall good feeling of personal security. Prevention is your insurance policy toward a healthier, pain free, debt free lifestyle.

Our dental hygienists can provide an excellent service to assist you in the maintenance of your overall dental health. Your cooperation with her can

serve to increase your knowledge of your present oral condition.

Dental disease is a silent invader, presenting itself in various forms (puffy, bleeding gums, cavities, oral cancer, and abscesses). Although your mouth may appear to be in good health at this time, **stresses, body changes, life changes, medications, illnesses, and age can tax your immune system.** Maintaining regular re-care appointments with your hygienists, and follow-ups with Dr. Briscoe offer you the assurance that any problems in regard to your oral care be

addressed immediately.



Taking care of tomorrow's problems today will give you tremendous peace of mind. If you have postponed or missed your last hygiene maintenance appointment, remember: **it's not just a cleaning; it's an INVESTMENT in your overall health.**

## Is Your Smile Ready for the Holidays?

Is your smile all it could be? Are you self conscious of your smile when it is time to get your picture taken? Are you envious of those more youthful pearly whites you see other people flash? Perhaps you feel younger than your smile appears. Or, maybe you're looking to feel more youthful?

If you are happy with your smile, Congratulations, but if you would like a smile you are proud to show off – do something about it! There are as many cosmetic options as there are smiles.

Perhaps you could benefit from teeth whitening, or closing that unsightly space between your teeth. Maybe your teeth are worn down and you would like them longer. Or those old fillings in your teeth may be starting to show when you smile.

Most options are NOT that complex, time consuming or expensive to accomplish. An improved smile means improved self esteem and one less thing to be concerned about. If it has been a while since

you explored this new desire - new techniques and materials have emerged to make your treatments easier, faster, and less invasive.

Give us a call and make an appointment. Let us take a look at you. We'll evaluate what's going on, tell you what we see, and make some recommendations. Then you can decide how to proceed. It's that easy! Call (858) 454-3221 to get your new youthful smile in time for the holidays!

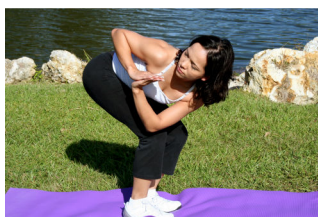
## Three Surprising Tips for Staying Healthy

### Nutrients for osteoporosis prevention and treatment

Calcium and Vitamin D are the most important nutrients in preventing and treating bone loss. Good sources are dairy products, spinach, kale, black-eyed peas, soybeans, fortified cereals and fortified orange juice.

Supplements can help increase calcium and D levels, but they are not always the answer, particularly for calcium.

New studies reported by Endocrine Practice and



others show that calcium supplements can raise a woman's odds of having a heart attack, that is, if the supplements, in addition to calcium from food, exceed the recommended daily intake.

As always, nutrients from food are the best choice.

### Tai chi reduces arthritis pain

People who have arthritis know they should exercise, but may not know what type would benefit them the most.

The Arthritis Foundation's Tai Chi program was highly recommended after a large study done by the University of North Carolina, Chapel Hill. It shows benefits for all types of arthritis, including rheumatoid arthritis, and also benefits

fibromyalgia and osteoarthritis.

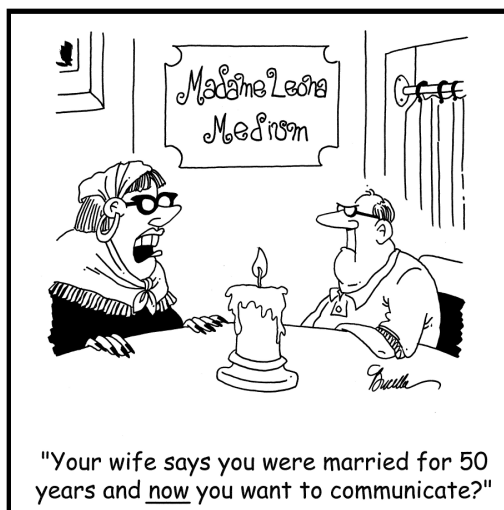
Participants took an eight-week, twice weekly tai chi course. At the end, participants showed moderate improvements in all of these areas in addition to improved reach, balance and sense of well-being. To purchase a DVD showing 12 movements (\$29.95) search the Web for Arthritis Foundation Tai Chi Program.

### Fight belly fat, eat vegetables

The type of fat around the middle that's most harmful is called visceral fat. It's deep fat

that surrounds internal organs and leads to diabetes and liver disease.

Increasing consumption of plant foods that contain soluble fiber can reduce the presence of visceral fat, which is more dangerous than fat just under the skin, according to studies described in the journal Obesity.



## States Appeal to Vanity and Score Big Profits

After years of selling vanity license plates for a small fee, many states are joining those who sell them, or auction them off, for big bucks.

Other countries have done it for years. An Abu Dhabi businessman bought a license plate with "1" at auction for \$14.3 million in 2008. In England, one rather egotistical driver paid \$400,000 for the "1 HR" license plate bearing his initials.

In the United States, the "1" license plate is generally reserved for a state's governor, who doesn't have to pay anything for it.

The American state that sells the most vanity plates is Virginia, with 16 percent of all vehicles, according to the latest study in 2007. Texas had the fewest in that year at .56 percent of all cars.

Recently, however, Texas

sold a doctor a "PORSCHE" license plate for \$7,500 and sold him the "AMERICA" plate for \$3,000. Texas is now auctioning off its plates to raise money.

Across the United States, the potential market is huge.

One salesman made his message totally clear. His plate said "LAMPS."

In Delaware, people can transfer their license plates or sell them to others. It creates

a private market for them. And the plate can be passed down from generation to generation without further cost.

All states are quick to deny a vanity plate that has a combination of numbers or letters that can be offensive to read.



# See Something, Say Something Protocol

In this post 9/11 world, the public is urged to report suspicious packages, people, vehicles and activities.

The "If You See Something, Say Something" program is part of a national strategy launched in 2010 by the Department of Homeland Security.

While law enforcement agencies in New York and Chicago are swamped with reports, they have assisted in foiling active plots against the cities, including the attempt in May 2010 to detonate a

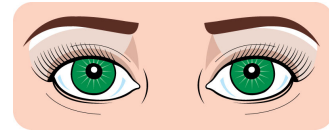
car bomb in Times Square.

Since the terrorist attacks in 2001, New York City has fielded 83,749 suspicious package reports. They take each report seriously but, fortunately, most packages turn out to be common handbags, kids' backpacks, suitcases, and trash bags discarded by the homeless, according to NYPD records.

Federal and local officials say the calls are part of a "new normal" in law enforcement, though some authorities acknowledge that maintaining the response has been a daunting task during the past

10 years.

In Washington and New York, reports routinely force street closures and building evacuations. They require a first-response team of six officers, and about 85 percent of the calls require the deployment of bomb squads or other hazardous materials units.



## 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. Charles Briscoe**

Did you know studies indicate that after 2 months of having implanted replacement teeth, patients were able to increase their maximal biting force by 85%? After 3 years the average chewing force increased **300% compared to before implant treatment.**

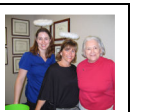
To learn how you can get the teeth you want and deserve, **call 858-454-3221 today.**



Our **BIG CONGRATS** to Ashley M. for winning the Summer Raffle Contest! Enjoy the new MacBook Air. We appreciate your referrals!



Our **Halloween Candy Buy-Back** was an overwhelming success! The children were happy with the \$1 per pound and the lighted toothbrush they received .



Kids of all ages participated. They were excited to donate their leftover candy to our troops overseas through **Operation Gratitude**.

## *On the Personal Side. . .*

Did you catch our article in the local papers? Our **Halloween Candy Buy-Back** was a BIG success! We collected candy the day after Halloween and gave each child \$1 per pound, and a lighted toothbrush. The excess candy will be sent to our troops overseas via **Operation Gratitude**!  
*Thanks to all who participated!!*

In other news, Matthew loves Boulder and has already experienced their first snowfall! His class load is extremely full, but he's hanging in! We're looking forward to spending quality time with him over the holidays!

Charlie, Nancy, and the staff all had fun with the **Halloween Candy Buy-Back** program and the **Whitening for the Cure** the office participated in during October.