



Healthy Idea: Teens Start School Half an Hour Later

Health authorities have suggested for some time that starting school half an hour later would be beneficial for teens.

A new study by Hasbro Children's Hospital in Providence, R.I. shows the later start time improves students' mood, alertness and motivation. The extra sleep made teens feel so much better that many started going to bed 15 minutes earlier than before in order to get additional benefits.

Held at a Rhode Island high school, the study showed the percentage of students getting less than seven hours of sleep fell by 79.4 percent. The percentage of students reporting they felt unhappy or depressed dropped from 65.8 percent to 45.1 percent.

Quote of the Month

"When we recall the past, we usually find that it is the simplest things, not the great occasions, that in retrospect give off the greatest glow of happiness."

Bob Hope

Key to Success: Reading Well by the 4th Grade

Just 34 percent of fourth graders are reading at an acceptable level in grade four. Only 8 percent are "advanced" readers.

On the surface, it may appear to parents that their children have four more years of grade school in order to become acceptable readers, but new studies show the importance of reading by grade four.

Findings by the Annie E. Casey Foundation, Baltimore, are the first to show that kids are far more likely to drop out of high school if they can't read pretty well by fourth grade.

Unless America

dramatically improves the number of kids who can, a growing proportion of them will live in poverty as adults.

The Foundation contends that the tendency to drop out of high school begins in the early grades when children don't learn to read. They say dropouts "don't just happen."

What can parents do?

* Show that education is important by getting a GED if they didn't graduate from high school themselves.

* Assure that kids attend school every day.

* Show an interest in their children's reading beginning in first grade. Have them read to you and help with the words.

* Provide books they like. Let them pick out books at the library or grocery store. Some kids like comic books.

* Don't let them lose reading skills over the summer. Keep them in practice.



Help Your Heart Without Losing Weight

Maybe you've been exercising some and pretty regularly, but the bathroom scale hasn't budged and your middle is still about the same size.

You have probably made an improvement in your cardiovascular health, and that could be even



more important than your pant size.

Researchers at Harvard University and Brigham and Women's Hospital report that moderate amounts of exercise is associated with as much as a 41 percent reduction in cardiovascular risk. While their study was done entirely on women, men can assume they have a similar benefit.

In various study subjects, Body Mass Index changes accounted for just 10 percent of the reduction.

Blood biomarker improvements accounted for about one-third of the risk reduction, and blood pressure changes were accountable for 27 percent of the improvements. Reduced cholesterol accounts for a 20 percent improvement.

The benefits of regular moderate exercise outweigh what the scale will tell you. The researchers found that the more study subjects exercised, the greater their cardiovascular health improved.

Birth of the Credit Card: How the World of 'Charge It' Started

It was about 90 years ago that department stores and gas stations decided their customers would buy more if they didn't have to come up with the cash to do it. They gave their customers charge cards.

Restaurants were next. In the 1950s, Diners Club issued its credit card for use in 27 New York restaurants. It was the first that could be used in more than one establishment. By the following year, 20,000 Americans had one and it was accepted at



restaurants in most cities. "Charge it" became the magic words.

American Express created its first card in 1958. That same year, Bank of America (Visa) made a huge mailing to residents of Fresno California. It was the first mass marketing program.

Many lenders wanted to get into the act. In 1966, 5 million cards were indiscriminately sent to adults, toddlers and even dogs. It was the first ever junk-mailing.

During the 1980s, just about anyone who bought a new car received an unsolicited credit card in the mail shortly thereafter.

That same year, South Dakota lifted its cap on

interest rates, making it the credit card capital of the world for a short time.

American Express established the premium-card market with its first platinum card in 1984.

Flash forward to 2007, when lenders collected more than \$18 billion in credit-card penalties and fees.

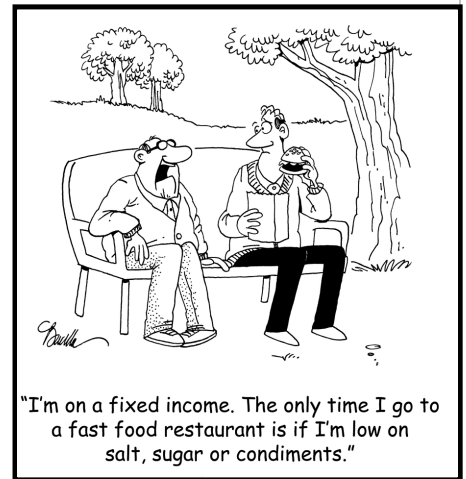
Half of U.S. college students had four or more credit cards by 2008.

At the end of that year, outstanding American credit-card debt reached a record \$951 billion.

In 2009, new rules were established for credit card

companies that the Obama administration hoped would reduce the nation's total expense for credit-card penalties and fees.

By the end of 2010, the number of credit card holders in the United States will be about 181 million.



"I'm on a fixed income. The only time I go to a fast food restaurant is if I'm low on salt, sugar or condiments."

The iPhone Was First, But More Video Phones Are Coming

People have been dreaming of a telephone with video ever since Dick Tracy upgraded his wrist radio in 1964.

Now it's happened. With the iPhone 4, you can tap a button and share a smile with someone else on an iPhone in any part of the world.

Experts predict that there will be several more video-communicating smart phones on the market by Christmas 2010.

Right now, Sprint's EVO smart phone is available. But the EVO runs on the 4G WiMax network, which does not yet operate in all areas of the country, according to Bloomberg Businessweek.

Skype also plans to market a version of its online video-chat service for cell phones. They say they intend to "set the bar" on mobile video calling.

Logitech says it will have a cell phone version of its Video-chat conferencing

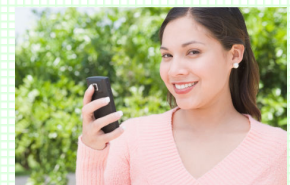
service out by the end of the year. They say many of its cell phone customers will offer mobile video capability, maybe by late fall.

In the past, talking on the phone with someone who can see you brought some consumer objections. Women thought of being seen in a robe without their hairdo or makeup in order.

And there is the nose problem. Smartphone designers said that if people tilted the phone

away from their faces, the caller would get a close-up of the caller's nostrils.

Today, however, consumers seem to be less concerned with these drawbacks and more excited about the opportunities for face-to-face chatting.



For Pain in the Knee, Back or Hip, Try This Solution

Sometimes there can be a simple solution to lower back pain, hip pain or knee pain.

Osteoarthritis can develop at one of these sites because one leg is just a tiny bit shorter than the other. A study published in the *Annals of Internal Medicine* say leg-length inequality is a risk factor that could be eliminated with a simple shoe insert.

Researchers say leg-length inequality is an under-recognized and undertreated condition. In their study, patients with this condition were 1.5 times more likely to develop symptoms of osteoarthritis over the next 30 months.



Doctors at Duke Medical Center say leg-length inequality occurs in up to 70 percent of the population. As little as 0.5 cm is associated with OA.

Even if you never noticed that one of your legs is shorter than the other, the shorter leg and knee are at greater risk for osteoarthritis (OA) because of how the body adapts to the inequality.

The affected leg has to travel a greater distance, even if it is minimal, to reach the ground with every step. That means it has a higher impact velocity because it's "going downhill."

The condition can also make a difference in the hip muscle and can create hip pain on the shorter leg side.

Another factor that could make one leg seem shorter than the other is a spinal problem. Scoliosis can make the spine bend somewhat in one direction, causing the leg on that



side to have the effect of being shorter. Osteoporosis of the spine can result in a similar effect.

The most accurate method of determining leg length is a radiographic measurement of the leg from the top of the thighbone to the ankle. But some physical therapists or podiatrists (who make shoe lifts) have experience measuring leg length and can recommend a custom-made shoe insert.

On the other hand, if you want to try something yourself, it wouldn't hurt to get a heel lift at the drugstore to see if it helps your pain. Get one that is a little thicker than the others that are for sale.

Learn How To Avoid The Seven Threats To A Beautiful Smile

If you were with us for the last six issues, you'll recall **Threat #1** to your dental health was **Neglect**, **Threat #2—Under-treatment**, **Threat #3—Over-treatment**, **Threat #4—diet**, **Threat #5—Medications**, and **Threat #6—Overall Health**.

This month we're going to discuss **Threat #7, "Too Old Syndrome."**

This threat crawls into your smile and takes up residence when you start to tell yourself things like:

"I'm too old to have work done; I'm too old to have healthy teeth, and I'm too old to deserve treatment."

And believe it or not, many of us start reciting this silent mantra as early as our 50s!

The worst part is it's NOT even true!

You see dentists have discovered, through empirical evidence, that improving and taking care of the condition of your teeth is not only beneficial to your health...it actually **helps you live LONGER!**

Just the other day I had a 96-year-old woman in my office who did not begin restoring her smile until well after retirement. Over the course of her treatment she had dental implants, crowns and a slew of other procedures performed. And today she **gives credit for her good health to the treatment she gave herself permission to receive.**

But the benefits to healthy, good-looking teeth don't stop there.

You probably know as well as I do that an ugly smile affects:

- How people treat you,
- What they think about you,
- Your success at work, and
- Even your romantic life.



Dr. Briscoe

Fair or not, it's true.

You can go to the best salons, wear the best suits and drive the most expensive cars, but **if your teeth are ugly, twisted, missing or broken...it's going to say far more about you than you want it to!**

The good news is there's an easy fix. Learn how you can get the life you want, by contacting our dental health consultants—**(858) 454-3221**.

Charles Briscoe, DDS
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TO:

On The Personal Side...

Summer weather finally arrived in mid-August – how nice it is! We visited a few more college campuses (UCSD, San Diego State and UCLA) with Matthew to check out the possibilities for schooling following his senior year in high school – which has now just started. Matt had to scratch from the Junior Olympic swim meet two days beforehand with a badly sprained ankle. We were all crushed. We did get in a long overdue round of golf before school started. And Matt & I took in a Padre game with seats so good (right behind home plate) we could call the balls and strikes ourselves – Thanks again, Bob!

Sincerely,
Charles Briscoe

Because you asked.....

Yes, we do offer our anxious patients nitrous oxide (laughing gas) to take the edge off their visit. And for the white-knucklers, we have oral conscious sedation – we prescribe some pills for you that help you sleep through the procedure AND you won't even remember your visit with us.

We also have a more potent local anesthetic for those of you who burn through the novacaine quickly. Don't forget, we have the local anesthetic reversal agent that helps the numbness go away in half the time.

Team Member Highlights

Rosa has over twenty-five years of experience as a Register Dental Assistant. She enjoys her work so much that for a period of eight years she was also an instructor at one of the local colleges.

Recently, there have been changes in Rosa's life. She married Mick last year and they will hold a wedding reception in September. They recently moved to the Del Cerro area. Rosa has two children and a granddaughter, Madison. Mick and Rosa love to travel internationally.

