

# News From The Office <sup>TM</sup>



Alan Brunelli, DDS

1060 S. Preston Rd Ste 110 • Celina, TX 75009

Phone: 972-382-2900

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## Things Forgotten *Simple Lapse or Serious Problem?*

Chances are you've walked into a room and forgotten why you went there. And misplaced your keys or eyeglasses at least a few times. Many people worry about these memory lapses. They fear they're heading toward a serious condition like Alzheimer's disease, an irreversible brain illness.

Occasional forgetfulness is a normal part of life that becomes more common as we grow older. In most cases, it's no cause for alarm—unless it begins to hamper daily activities. Forgetting where you left the car keys is one thing; forgetting what they do is quite another.

Over the past few years, scientists have learned a lot about memory and why some memory problems are serious but others are not. As we age, changes occur throughout the body, including the brain. As a result, you may begin to notice that it takes longer to learn new things. Perhaps you can't remember information as well as before, or you may misplace things. These memory lapses may be signs of normal aging. But if increasing forgetfulness begins to worry you, it's a good idea to check with your doctor. If a medical problem exists, it's best to start treatment as early as possible.

No matter what your age, several underlying causes can bring about memory problems. Forgetfulness can arise from stress, depression, lack of sleep or thyroid problems. Other causes include side effects from certain medicines, an unhealthy diet or not having enough fluids in your body (dehydration). Taking care of these underlying causes may help resolve your memory problems.

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For some older people, though, episodes of memory loss may be a sign of a more serious problem called dementia. Two of the most common forms of dementia in older people are Alzheimer's disease and multi-infarct dementia (or vascular dementia).

In Alzheimer's disease, memory loss begins slowly and gets worse over time. People with Alzheimer's disease have trouble thinking clearly. They find it hard to do everyday things like shopping, driving, cooking or having a conversation. Medications can help during the early or middle stages. As the illness progresses, though, patients may need someone to take care of all their needs (like feeding and bathing) at home or in a nursing home.

Vascular dementia also causes serious memory problems. But unlike Alzheimer's disease, the signs of vascular dementia may appear suddenly. This is because the memory loss and confusion are caused by small strokes or changes in the blood supply to the brain. Further strokes can make the situation worse. Taking care of your high blood pressure can lower your chances of getting this illness.

See your doctor if you're concerned that you or someone you know has a memory problem. Your doctor may be able to diagnose the problem or refer you to an expert who specializes in memory problems.

Our practice continues to grow everyday and we recognize that our best patients come from your referrals.

To show our appreciation, you will receive a **\$25.00** gift card every time you refer a friend or family member to us! As always, thank you for your continued confidence and support!



# Easy Dental Health & Hygiene Tips

## Wisdom Teeth

**W**e've all heard talk of wisdom teeth and the process of getting them removed. The truth is that wisdom teeth can cause problems if not treated properly. They commonly grow in when a person is between the ages of 17 and 21 - old enough to have supposedly gained some wisdom. Generally there are four including two on top and two on bottom.

Usually, the problem occurs in their emergence. They may not grow in properly, becoming impacted and trapped within your jaw. Or they can interfere with the structure of the teeth and cause crowding or problems with orthodontic work. Because of their location in the mouth, wisdom teeth can be difficult to maintain and clean. A panoramic x-ray is the best x-ray to view wisdom teeth and diagnose problems.

Talk to us about possible solutions if you or someone you know is experiencing problems with wisdom teeth.

**Call Today and Schedule  
a Consultation!  
(972) 382-2900**

**He who has health, has hope;  
and he who has hope,  
has everything.**

~ Arabian Proverb

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Dr. Alan Brunelli  
1060 S. Preston Rd, Ste 110  
Celina, TX 75009  
Phone: 972-382-2900  
www.bobcatdental.com

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The goal of **News from the Office™** is to provide information to the general reader on living a more rewarding life through better physical, mental and financial health. This publication is not intended to provide individualized advice, which should be sought from licensed professionals such as dentists, physicians, attorneys, and/or accountants.

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**News From The Office™**

# Financial Help for Women: 5 Effective Strategies

By Robert Pagliarini

In a divorce, a woman's life is turned upside down - nearly everything about her existence changes. But for the man, sometimes the most he has to change is his phone number and address. Women who had left jobs to raise families are at a significant disadvantage and find it difficult as they try to re-enter the workforce they left years earlier. I don't have marriage advice, but if you do a few simple things, you can survive a divorce and get back on your feet as quickly as possible.

I've been thinking a lot about my own experience growing up in a single-parent home (my mom raised five kids after my father left), because a good friend of mine and her two young boys were just abandoned. One day they were a family, and the next day her husband was leaving her for another woman. She is now struggling to survive. Not only is she trying to deal with her emotions, but she has to raise two boys and find a way to pay the mortgage.

What must women do to protect themselves and their family in case a marriage ends in divorce? I'm glad you asked ...

1. Stay connected socially. Your social network is your lifeline in a divorce. You must have a network of friends you can call on for help - a person you can stay with while you and your family get back on your feet, or someone to look after your children while you interview.

2. Stay connected professionally. Don't quit your network if you quit your job. Make sure your professional network grows, or at the very least remains stable. A really efficient way to stay connected is to set up a meeting with two or three others in your network once or twice a month.

3. Keep up your skills. Mothers, and new mothers especially, have very little "free time," but keeping up your skills is critical. Keep your licenses and/or credentials up to date. You could also take a night class at your local community college.

4. Know your finances. This is a biggie, gals. Don't leave it to your husband to handle everything. Schedule a "financial date" with your husband once a month to review credit-card statements, investment accounts and your budget. There are several easy programs you can use to get a quick snapshot of your financial health, but my favorite is Mint.com.

5. Create a side business. One of the best ways to protect your family and earn some extra money is to start a side business.

You could turn your hobby into a moneymaking business, start a blog or invent something. For a starting point, check out the Top 10 Cre8tor Channels from my book, "The Other 8 Hours: Maximize Your Free Time to Create New Wealth & Purpose" (see: [www.other8hours.com/book/cre8tor-channels](http://www.other8hours.com/book/cre8tor-channels)).

I'm passionate about this topic because it hits close to home and, unfortunately, it affects a lot of homes. Most research shows that 45 percent to 50 percent of marriages end in divorce, and that 84 percent of single parents are women.

Protect yourself and the women in your life by sharing this message.

Robert Pagliarini is a CBS MoneyWatch columnist and the author of "The Other 8 Hours: Maximize Your Free Time to Create New Wealth & Purpose" and the national best-seller "The Six Day Financial Make-over." Visit [YourOther8Hours.com](http://YourOther8Hours.com).



# Eat together healthy forever

It might be a struggle to get everyone to the dinner table for a family meal, but keep at it - your hard work is paying off. According to the *Journal of Nutrition Education and Behavior*, adolescents who participated in regular family meals five or more times a week reported healthier diets than kids from families who rarely break bread together. Their meal patterns were better, too, setting them up for a healthier adult future.

One way to get everyone to the table is to involve them in the process. And cooking a meal together is a great can't-go-to-the-mall-one-more-time activity. Try best-selling British cookbook author Annabel Karmel's new *Top 100 Finger Foods* for easy kid-teen-and-tween-friendly recipes like minty lamb kebabs, salmon fishcakes, and - something everyone can agree on - chicken nuggets.

## Honey Coated Crunchy Chicken Fingers

### Ingredients:

- 1 lb skinless, boneless chicken breasts
- 1/4 cup honey (slightly warmed)
- 1/4 cup water
- 1 cup crushed corn flakes

### Instructions:

Preheat oven to 425°F; Spray baking sheet with vegetable spray

1) Cut chicken breasts crosswise into strips 3/4-inch wide. In small bowl combine honey and water. Put corn flakes on a plate.

2) Dip chicken strips in honey mixture then coat with crumbled corn flakes. Put on prepared baking sheet. Bake for 10 minutes, or until cooked at center, turning chicken over at halfway point.

-Serves 6

# From The Office

## Dental Hygienist - Jodi Bates

Jodi has been with Dr. Brunelli since the opening of Bobcat Dental. She has been a hygienist since 2005 and loves working with patients to improve their oral health. Her husband is a police officer for the City of Denison and they live in Anna. She now has four children, 2 boys and 2 girls, ages 13, 11, 5 and the newest blessing is 7 weeks old. She spends most of her time trying to keep up with her kids and enjoys outdoor activities with them. Her hobbies are working out and mountain biking.

## Soft Drinks - *What are the dangers?*

The popularity of soft drinks increases year after year, due in part to their sweet taste, and in part to the aggressive advertising campaigns run by soda companies. The amount of soda consumed by the average American every year is staggering - over 50 gallons per person.

Soft drinks are a danger to oral health due to the high amounts of sugar and acids. Because of their liquid nature, gulping down soft drinks is equivalent to bathing teeth in a solution of acids and sugar. Over time, even the relatively mild acids in soft drinks can eat away and weaken tooth enamel, making teeth more susceptible to decay and damage.

Another indirect effect of soda consumption is the reduced consumption of other, healthier drinks.

Lowering or eliminating soft drink consumption entirely is the best, but not a very likely solution. Sodas are so prevalent in the American diet that total elimination is simply unrealistic. If you are concerned about the effect of soft drinks on your oral health, consider the following steps:

1. Take a good look at your brushing and flossing habits. These are vital if you are to counteract the negative effects of soft drinks.
2. Try to reduce your soft drink consumption as much as possible, and replace it with beneficial liquids such as milk or fluoridated water.
3. If you must drink sodas, use a straw when possible, to minimize contact with your teeth.

Plus, a timely visit to the dentist is always a key factor in maintaining good oral and dental health.

## FAST FACTS

According to the *Guinness Book of World Records*, the largest Easter egg ever was just over 25-ft high and made of chocolate and marshmallow. The egg weighed 8,968 lbs. and was supported by an internal steel frame. Belgian chocolate producer Guylian, who prepared the chocolate egg with at least 50,000 bars, on behalf of the city of St. Niklaas, Belgium. Twenty-six craftsmen worked together 525 hours to build the egg.

88 percent of adults carry on the Easter tradition of creating Easter baskets for their kids & 90 percent of adults hope for their own treat from the Easter Bunny. Who wouldn't want chocolate?!

The first chocolate eggs were made in Europe in the early 19th century and remain among the most popular treats associated with Easter.



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come in  
to receive  
**50%  
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**Protect teeth, gums,  
cheeks (especially for  
those wearing orthodontic  
appliances) by wearing a  
mouth guard!**

Prevent dental emergencies properly by protecting your mouth. Those that engage in any sport (especially a full-contact sport) should wear a mouth guard. This can be a key part of saving your teeth in a physical incident.

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**"Thanks For Being Our Patient!"**

**Spring** is here and with it some warmer weather, or at least a few sunbreaks between the rain showers. It's time to get outdoors. Getting outdoors is a great way to get some much-needed exercise for both you and your kids. Here are some tips to get out there and enjoy all that Spring has to offer!

Working in your yard can provide great exercise. Whether it is weeding the flowerbeds or your garden, mowing the grass or just picking up the yard.

Spring is the perfect time to get outdoors and go walking. A walk is both relaxing and enjoyable and gets you out of the house.

There are a lot of sports that are played in the spring. It is baseball, soccer, and track season. Sign your child up for a sport or just go in your backyard and kick or throw a ball around. Even young children enjoy ball time.

Give your children a reason to go outside. Such as:

1. Count how many worms you have in your garden/yard.
2. Identify and then draw the birds you see.
3. Consider buying a swing set or sandbox.
4. Have your kids put a blanket over low tree limbs and make a tent.
5. Buy a large bottle of bubbles and blow.

Take the pets outdoors. If you have an animal go outside and play with him/her you'll enjoy the time spent with your animal and your animal will appreciate the attention.

You can also go to a nice park and enjoy spending time outdoors on the playground equipment or flying a kite.

Spring clean. You will feel relaxed from getting all your junk out of the house. Open up those doors and windows and let the fresh air inside.

You will never know what you're missing if you do not go outside. Both you and your children will benefit from getting outdoors.

## PET TIME

Don't feed your pet table scraps. "People food" is not formulated to meet the nutritional needs of your pet...and it's often too greasy or rich.

This can cause your pet to become overweight - and with it, develop health problems related to obesity. Your pet may also refuse to eat regular pet food once he or she has developed a taste for human food.



# Kids Across/Parents Down

By Jan Buckner Walker

Enjoy fun time with mom, dad or your favorite grown-up. The across clues are for kids and the down clues are for adults.

**Kids Across**

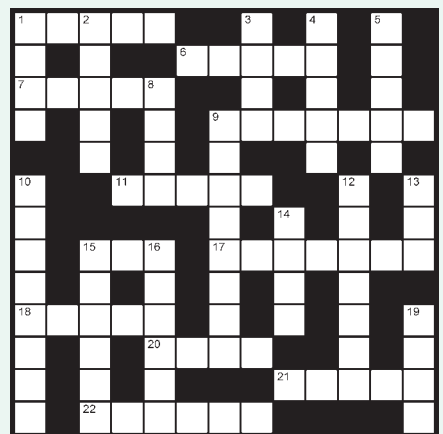
1. Abe Lincoln's log home
6. A rug always lies on it
7. Oops! It's what might remain if you spill juice on a carpet
9. An upstairs porch on a house or apartment
11. To pull the handle to create a swirl in the toilet
15. On moo-ving day, its house is a barn
17. Where the postman leaves your letters
18. The color of a gingerbread house

20. Words on a housewarming invitation to remind the guest when it is: "Save the \_\_\_\_"
21. Storage room right under the roof
22. Large cloths that hang around to wrap you up after a bath

**Parents Down**

1. In Honduras, it's home
2. For some vacationers, it's a shore thing: \_\_\_\_ house
3. Its cushions often hide the missing remote
4. Saving grace of one little pig's house
5. Color in a can: It's just the thing for a white wall
8. Carpenter's steel fastener
9. House's space down under
10. Chime that signals company
12. Kitchen's cum-in closet
13. Perennial price of homeownership: property \_\_\_\_
14. Flaming fact: It's welcome in a home as long as it stays in its place
15. Place with a bar and many hangers-on
16. Home's place of pane
19. Curve above a door or window

**House Call**



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**This Week's Solution**

