

# News From The Office™



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## Recipe for Fitness Success

Exercise changes virtually every tissue in the body via many different pathways -- metabolic, hormonal, neurological and mechanical -- says Jennifer Sacheck, a nutritional biochemist and exercise physiologist at the John Hancock Research Center at Tufts University. To supply these changes, athletes need to consume specific nutrients. Junk food supplies little or nothing; the right food choices, says Sacheck, allow your body to make the most of the time and effort you're dedicating to exercise and help you achieve your fitness goals faster.

At the Sports Performance Center founded at the University of California, Davis, registered dietician and health nutritionist Marlia Braun notices that many athletes try to take control of what they eat by eliminating a food group or skipping meals altogether.

"It's difficult to make good nutritional choices, do food prep or eat moderately with this strategy," says Braun. She warns athletes against avoiding food groups, severely restricting calories, skipping meals or ignoring hunger, and recommends eating smaller amounts of good food with greater frequency instead.

Even the most robust exercise program won't grant you true fitness if you don't take control of your diet.

Carbohydrates are essential for improving your fitness level, says Braun. Carbohydrates form glycogen, which is stored in your liver and muscles to provide energy during exercise. When your glycogen

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## HOW MUCH SLEEP DOES YOUR CHILD REALLY NEED?

Why is it that when we get older we would give anything to go to bed early? Once you become a parent, you can count on always being tired. Yet children never want to sleep. Perhaps they're afraid they'll miss out on something.

Getting your children to bed at a decent hour can be a struggle that is accompanied by tenacious whining. "But I'm not tired. Why do I have to go to bed so early?" Some kids think they can negotiate bedtimes each year, as though it was a union contract up for renewal.

Here's an example of their reasoning. Kindergarten bedtime is 7:30 pm; so first grade should be 8:00 pm.

You agree to give it a try. At the start

of 2nd grade, your child announces that 8:30 pm should be permitted.

And by 3rd grade your precious angel isn't hitting the sack until 9:00

pm. At this rate, your 6th grader will have lights out at 10:30 pm. That's

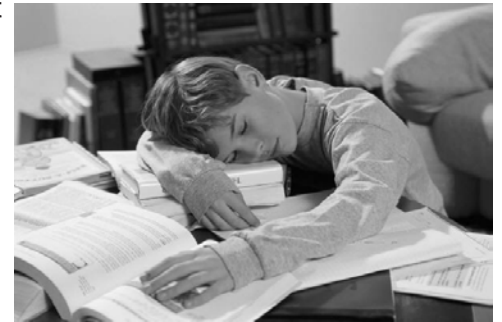
way too late! If you continued in that mode, your high school senior wouldn't go to bed until 1:30 a.m.

In a study of 74 six-to-twelve-year-olds, researchers found that the children generally had more trouble with their schoolwork and more attention problems during the week when they stayed up late each night. The study, published in the medical journal *Sleep*, included healthy grade-schoolers without sleep or academic problems. During one week, they followed their normal sleep routine, with younger children getting about 10 hours each night and older children getting 8 to 9 hours. On another week, the children stayed up later than usual and got only 6.5 to 8 hours of sleep, depending on their age. On a third week, all of the children followed an "optimized" sleep schedule and got no fewer than 10 hours of sleep per night. (Source: *Sleep* Dec. 2005)

According to this study, an optimized sleep schedule consisted of no fewer than 10 hours of sleep per night. Okay, so let's back into that time frame. Your child starts school at 8:45 am. The bus picks her up at 8:15 am. You're outside with her by 8:10 am. She needs a good hour to really wake up, eat breakfast, get dressed and feed the dog.

If you wake her up at 7:00 am, she needs to be asleep no later than 9:00 pm. Many children don't fall asleep the minute their head hits the pillow. That said, a bed time of 8:00 pm or 8:30 pm is by no means unreasonable.

So the next time your child tells you that he's not tired, you know that regardless of how he feels, his little body needs to be in bed!



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# Summer is Ending!

The reality of summer is quickly coming to an end. School is starting, parents are out shopping for their kids' new clothes and school supplies, and college students are preparing for their annual return to campus.

What's a person to do with the last few remaining weeks of summer?

Here are five tips for ending your summer well.

## 1. Finish what you started.

There's no better way to feel like you've accomplished something this summer — no matter how big or small that something is — by simply finishing it up.

## 2. Don't worry, be happy.

Many of us spend a lot of time worrying about things we have little or no control of. Why expend the energy on needless worry when you could be expending it on some last-minute summertime activities. Get at least one last thing in — a ballgame, a trip to the beach, a hike in the mountains, something summery! — before the summer's over!

## 3. Prepare now, so you won't be overwhelmed later.

Organize yourself now for the semester or the next few months ahead, and you'll find yourself less likely to get bogged down in things you could've done earlier. You might also find it's a great way to relieve some of the stress of going back to school — being organized helps a person feel more organized internally, more in-control of their own destiny and life.

## 4. (Some) friends are forever.

Summertime's also a great time to take stock of your friendships, since you have more time and aren't as distracted by work or school. Who haven't you spoken to in forever? Give them a call and hang out sometime.

## 5. Don't let it hang or simmer.

Sometimes we do something over the summer months we later regret. Maybe we get into an argument with a best friend, or ignore an invite from a favorite aunt. Whatever it is you might have done, don't let it keep simmering after the summer is over. Now's a great time to make amends — before the hectic pace of fall makes all of our lives more stressful and less forgiving.

# Get Your Kids to Plan Their Lunch and Eat It, Too!

When kids do the planning and at least some preparing for their own school lunch, there's not much room for complaints.

Here are five fast school lunch ideas that will work for kids of all ages:

### 1. Bagel with vegetable 'confetti'

Spread a bagel, use your child's favorite flavor, with plain cream cheese.

Then finely dice an array of sweet raw veggies such as red and yellow peppers and carrots. Sprinkle the veggies liberally over the bagel half.

Delicious!

### 2. Sushi rolls

Most kids LOVE California sushi rolls. The imitation crab meat is sweet, the cucumber crunchy, and the avocado makes it creamy.

If you prefer, you can roll the "crab meat" cucumber and avocado in a flour tortilla instead of the rice.

Cut into pieces as you would a regular sushi roll after you wrap it tightly.

### 3. You can use the same roll or wrap technique above with salmon or tuna salad.

Tortilla wraps are fun and easy!

### 4. Sneak some veggies or fruit into their sandwich.

Kids generally like the taste of sweet fruit or veggies, but they don't like the thought or look of them.

Try slicing thin slices of pears or apples and adding them to sandwiches. It provides great crunch—and nutrients.

For a healthy dose of Vitamin A, puree some deliciously sweet winter squash (butternut, acorn etc.) and spread onto sandwich instead of mayonnaise.

### 5. Frito Pie

My healthy alternative to this crunchy classic is ALWAYS a hit with kids and easy to make—pronto.

Take your favorite chili recipe, with or without meat, heat it through, and send it to school in a thermos with a cup top.

In separate plastic bags, send along some baked tortilla chips and shredded Monterey jack or cheddar cheese.

Have your children arrange some crumpled chips along the bottom of the thermos cup, then add shredded cheese and top with warm chili. The chili melts the cheese, and kids adore it!



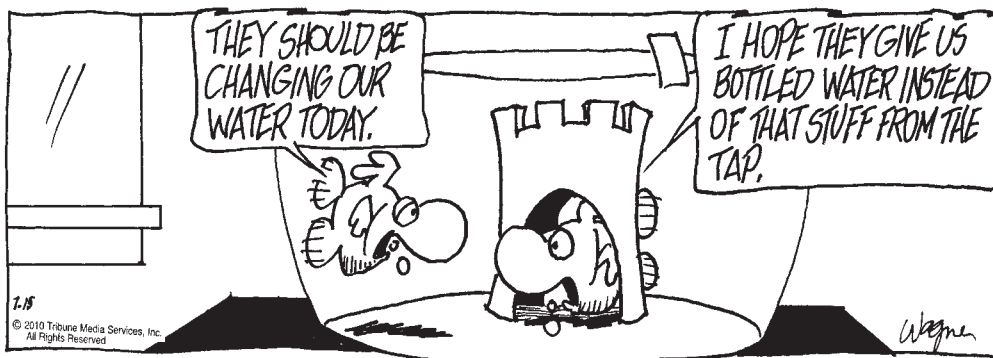
## CRACKED TOOTH SYNDROME Call: (972) 382-2900

If you have any of the following symptoms, you may have "Cracked Tooth" Syndrome:

- Pain when chewing
- Sensitivity to hot & cold foods
- No evidence of problem on an X-ray
- Pain when eating sweets/sugar
- No sign of dental decay

Do you have any of these symptoms? If so, make sure you schedule an appointment to see us. Teeth restored with typical silver fillings are most susceptible to this and the majority of teeth can be fixed by placing a crown on the tooth. After this is done, the pain usually disappears immediately.

When you come in to have your tooth treated, we'll give you advice on how to maintain good oral health so you'll know how to detect any other problems, and how to prevent common ones.



# Thank You

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!

## Did You Know?

Food allergies can trigger behavioral changes that mirror ADHD. Common allergies include eggs, dairy, wheat (and gluten), soy, corn, and nuts.



## University of Texas Tuff Trivia

What 2000 Texas Longhorn football player was the son of a former Super Bowl MVP?

Please submit your answer by calling us at 972-382-2900 or emailing it to drb@bobcatdental.com. The first correct answer prize winner will be awarded a University of Texas touch type desk lamp!

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# Dads are Cool When They Help Out at School

“My dad can beat up your dad!” Oh yeah? “Well my dad is cooler than your dad!”

One thing about most kids, they’re loyal to their dads. It doesn’t matter how much he’s working or how he may not be able to throw a ball or ride bikes because he’s working on Mom’s honey-do list, most children think their dad is pretty wonderful.

Often the room parents and those parents who are available to help out at school are the moms. Many dads would love to help out at school if their schedules were a little more flexible. Imagine the excitement on your child’s face if Dear old Dad was one of the chaperones on the next field trip.

Dads may not have the flexibility that the work-at-home-moms do to help out at school, but most dads I know are entitled to a lunch each day as well as some vacation days each year.

If logistics permit it, dads should schedule their lunch break at the school a couple times a month. They could help out in the school store, in the classroom or media center. Your child will be proud as a peacock!

A sad reality is that there are more and more single parent households. Some children don’t see their dad nearly as often as they would like. I remember one field trip to an apple orchard. Dad rearranged his schedule so he could attend and help rally the children. While sitting on the hay ride you would have thought he was a local celebrity. Kids were fighting over who could sit next to “The Dad”.

It’s good for children to see dads participate with school activities. Dads are cool when they help out at school. Don’t negate the possibility helping just because dad works when school is in session. Maintenance man Mr. Bob would love a hand setting up for the school carnival. Do you realize how many tables and stations need to be set up?

The next time you overhear a group of children trying to one-up each other where their dads are concerned, perhaps you’ll hear one bragging, “Oh yeah? Well MY dad helps out at school!” Do you know any cool dads?

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Source: Hew Staff Works  
Graphics: Paul Trap

## Passing around a yawn

There’s a lot about the things people do every day that scientists don’t understand very well. One of those mysteries is why seeing someone else yawn often makes a person yawn.

- Pencil and paper
- Picture of a person yawning (find it in a book or magazine and make a photocopy of it)

- 1 Test at least 20 people and then watch them for several minutes and see whether they yawn

### You can do any of these:

- Do a deep yawn so the person can see you
- Show the person the picture of someone yawning and ask a simple question about the picture, such as “Where do you think this picture was taken?”
- Make a casual remark about yawning, such as, “I don’t know why I’m yawning so much today”

### What happened?

You were probably able to make a good number of the people yawn

There are lots of theories about why this works, but none has been proved conclusively

### Many kinds of animals yawn

An interesting version of this experiment is to see if you can make a dog or cat yawn

**Warning:** Dogs and cats are smart and may become suspicious – and refuse to yawn – if they think you are trying to trick them

Try this!



stores are low, you hit the wall. Braun notes that people on low-carb diets often can't sustain their intensity or endurance. Breads, potatoes and rice contain carbs, but so do grains, fruits, vegetables, beans and dairy, and these also contain an indigestible form of carbohydrate called fiber, which athletes need to the tune of about 25 to 30 grams a day to feel fuller between meals.

Protein (along with fiber) helps you feel awake and bridges the gap between meals. More, however, is not better. Protein supplements don't build more muscle, as the makers of some bodybuilding powders claim. To the contrary, eating more protein than your body requires each day can affect your kidneys and liver (which excrete the nitrogen by-product of protein) and store what's left as fat. Braun recommends that athletes choose a lean protein to eat at every meal.

Fats, too, are important to athletes, she notes. Your muscles burn fat during endurance activities, so some healthier fat is necessary for fuel. These include polyunsaturated fats and omega-3 and omega-6 fats from nuts, vegetable oils, flaxseed and fish. Avoid fats found in animal products, palm oil, coconut oil, and trans-fat or partially hydrogenated oil. But don't avoid all fats.

You will improve your fitness by consuming good fats in the right amount, about 30 percent of your total calories, notes Braun. That's about 3 grams of fat or 27 calories from fat for every 100-calorie serving.

By Eric Heiden, M.D., ©2010 TRIBUNE MEDIA SERVICES, INC.

## COPING WITH FINANCIAL STRESS

Keeping up with monthly payments, being able to afford a home, running out of money for medical care, are worries that affect not only your wallet but your health, too. The stress of finances greatly affects many people, and how they cope with it has an indirect impact on their teeth and gums.

Unfortunately, financial stress creates constant pressure over a long period of time. People with poor coping skills are more likely to have problems such as neglecting their regular brushing and flossing habits, avoiding going to the dentist, or grinding their teeth.

These problems lead to an increased risk for periodontal (gum) disease. And in turn, periodontal disease has a strong association with a weakened immune system, as well as an increased risk for diabetes, osteoporosis, heart disease, or respiratory disease.

Although financial challenges may be difficult to solve quickly, you can take immediate steps to cope with the stress. Here are some tips to help decrease the stress in your life.

Enjoy a healthy diet and drink plenty of water. Get enough rest and exercise. Soothe tight muscles with a massage or a hot bath. Notice whether you are grinding your teeth. Make (and keep!) your regular dental appointments. If you notice you are clenching your jaw or any muscles in your body, stretch and relax. Spend time with your friends and family members. Enjoy your favorite hobbies. When a situation becomes stressful, try to think about it in a more positive way. Find ways to deal with it or step away from it. Talk it over with someone you trust.

If you have questions and concerns about the effects of stress on your dental health, please call our office.

# Dr. Alan Brunelli's Back-to-School Cleaning Special



SAVE \$20.00  
ON ANY  
Electric Toothbrush

When you come in for your cleaning, we'll give you \$20.00 off any Electric Toothbrush!

Studies have shown the effectiveness of electric toothbrushes. If you're not scheduled for your next cleaning, call or come into our office right away to take advantage of this offer!

**Call Today!**  
**(972) 382-2900**

## Healthy Living

### Brain food

*Eating more foods containing vitamin E may lower one's risk of dementia and Alzheimer's disease.*

#### What is vitamin E

- Fat-soluble antioxidant that helps prevent damage to cells from exposure to oxygen (oxidative stress)
- This stress is thought to contribute to nervous system degeneration, dementia

#### Where to get it

- Grains and legumes, such as corn, lentils, wheat, rice, beans, chickpeas
- Vegetable oils, such as corn, sunflower, sesame and peanut oils
- Nuts, including almonds, walnuts, peanuts and hazelnuts
- Wheat germ

Source: Science Daily, World's Healthiest Foods, MCT Photo Service  
Graphic: Pat Carr



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Sudoku is the popular number placement game. It's fun and simple to play, with the aim of the game being to fill in the entire Sudoku grid so that each row column and 3x3 grid contains the numbers 1 to 9 in them once and once only.

SODUKU

1	4	2	3	8	9	6	7	5
8	7	3	2	5	6	1	9	4
5	9	6	1	7	4	3	8	2
2	5	4	7	1	3	9	6	8
3	1	8	6	9	5	4	2	7
7	6	9	8	4	2	5	3	1
4	8	5	9	6	7	2	1	3
6	2	1	4	3	8	7	5	9
9	3	7	5	2	1	8	4	6

9				8				
	2		4	8		5		
				6		2		
		9		2		3		
3			6	5				7
	5		7			9		
		6		7				
	7		2		6		9	
	4	2						5