



## Dental Visit as Spa Treatment with Dr. Douglas

Recently I have wondered aloud to many of you whether you consider your dental visit in the same context as you might a visit to a “Spa”. I am aware not everyone likes bodywork, and therefore some spa services are not appealing. Others may never have sought such services. What I am really pointing to here is the ‘idea’ of “spa”, a comforting place to go, a therapist to partner with in order that, upon completion of the time together and the experience acquired, one would feel rested, at ease, pampered and well, anticipating being even more at ease, present and soothed than before the visit. Regular spa visits, whether it is a mani/pedi, massage, facial, hair treatment or acupuncture, offer the promise of these rewards as their main attractor. There is a centuries-long history of the benefits connected to spa services, from mineral baths and hot springs to today’s cryotherapies and water immersion tanks.

So what about dispelling the age-old myths around going to the dentist and replacing them with the veracity of what today’s dental support services promise? Just what does it take to create the rewards inherent with the understanding of post-spa bliss that can follow your dental visit?

First and foremost, we have created a soothing, comfortable reception area where you are greeted with welcoming smiles of recognition from Barbara and Jean. Settling in for a moment, you may be amused or entertained with that hour’s music selection, our understandably eclectic mix keeps everyone on his or her toes guessing or recognizing tunes from all over the map. A refreshing sip of the teas or coconut water help distance you from the outside world’s happenings as you comfortably begin your retreat. Soon, Robin and Stacey warmly welcome you back to the sunlit-sky-gaze of the treatment rooms, with the offer of a blanket or pillows if the support is requested. You are now surrounded by an immaculately clean, ultra-modern treatment room. Kick off your shoes and settle back.

If you are scheduled for your preventive, continuing care Prophylaxis, the opportunity for a spa-like experience has much to do with how effectively you have been tending yourself in the interval between visits. This is why we emphasize our mutually agreeable determination of an appropriate continuing care interval. In order for this visit to be truly preventive, your at-home dental hygiene must be specifically developed to address your individual needs and skills. With appropriate efficacy-in-effort, the prophylaxis is an experience of a careful fine-tuning removal of plaque in the most challenging to tend-at-home areas, in the absence of inflammation (bleeding). Add some thorough polishing and, when indicated, a topical Fluoride Varnish application, and you will certainly leave feeling gently, yet comprehensively tended, evaluated, coached and motivated. Added value from our Health History updates, Oral Cancer Screening exams, Sleep Breathing or Medical Cannabis dialogues enhance your experience of support. The peace of mind that follows a ‘no worries’ report from properly timed digital radiograph updates is always reassuring as well.

OK, understood. There are visits when the treatment is more involved than your check up. Yet that is no reason to be concerned that those services necessarily carry with them associated discomfort or suffering. After all, if you are presenting for a treatment need to be addressed, the promise is the ultimate resolution of the need towards a successful result with the best chances of long-term comfort, function and beautiful esthetics as the outcome. We know we can have you ‘rest assured’ during the treatment with the skilled, gentle application of local anesthetics, the safe and comforting use of Nitrous Oxide sedation, and even the use of our Isolite mouth prop isolation device to assure you are safely out of harm’s way during treatment. Robin and Stacey are ‘right there’ to address any requests. I know I have presented for deep tissue massage with muscles in spasm, and the ooch and ouch of manipulation is far surpassed by the relief that follows that therapeutic touch.

It remains Dr. Douglas’ and Dr. Austin’s primary goal to provide services of support we are confident are commensurate with the supreme level of care available today. When the situation calls, we have our cadre of trusted specialists for continuing your care at that same level. With that in mind, you can allow yourself the calm and security that is informed by knowing you are being tended with those skills.

In no small way is your spa experience enhanced by the vigilant, timely, knowledgeable support behind the scenes from Deb, as she ushers all of your benefits paperwork through the maze of steps and follow up, allowing you to relax with the confidence that expense issues will be properly determined and resolved.

And so, tend yourself with regular dental hygiene practices at home, coupled with appropriate and personally specific continuing care interval for professional tending, both courses of action that support a good-feeling-to-know Spa-like sense of comfort, wellness and gentle care. May you always know confidence and safety during the more arduous care services. Our goal is that you leave feeling refreshed and re-energized to step back out into your worlds at a level of dental and bodymindspirit wellness a notch above the way you came in. In this way, you can confidently share with family and friends that Drewyer Dentistry is where you go for your dental Spa experience.

## Delicious Appetizer and Dinner from Barb and Stacey

### Barb's Best Greek Dip

One of my cousins brought this appetizer to a party – and it was a hit! I have made this recipe for several events now and it continues to get rave reviews, so I am happy to share it with all of you. Enjoy!

16 oz of Hummus

1 English cucumber – chopped

2 tomatoes – chopped

1 cup of Kalamata Greek olives – chopped

1 can of artichoke hearts – chopped

1 red pepper – chopped

1 cup of crumbled Feta cheese

Layer these ingredients just as they are listed.

Serve with Pita chips.

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### Stacey's Famous Brisket

It's a recipe that was passed down from my grandmother to my dad to me and now you! It is my favorite meal and I'm excited to continue passing this recipe along. Enjoy!

#### What you need:

6 to 8 lbs. of Flat Cut Beef Brisket

6 - 29oz cans of whole white potatoes

5 - 14.5oz cans of sliced carrots

5 bottles of chili sauce

1 white whole onion chopped into pieces

1 small bottle of caffeine free Diet Coke

Aluminum Foil

1 large oval foil roaster pan

Salt, Pepper, Paprika

#### Directions:

Heat oven to 400 Degrees.

Remove fat from both sides of the brisket (slice off the white part with a sharp knife)

Place brisket in the roasting pan and sprinkle paprika, salt, and pepper on both sides of the brisket.

Open all the cans of potatoes and carrots and drain the water out of them.

Pour the carrots and potatoes on top of the brisket

Add the onion and chili sauce.

Pour about 2 Tbsp. of the Diet Coke over top of the brisket.

Spread the mixture around using your hands and wrap foil over top as tight as you can. I use a couple of sheets to make sure it's wrapped tight.

Put in the oven for approximately 5 hours.

After 2 hours take out of the oven and mix the sauce and vegetables.

Make sure the brisket (with sauce on top) is on top of the vegetables before putting back in the oven.

Don't forget to wrap it up tight again.

You will know the brisket is done when it falls off as you cut it.

If I could let you know.

If I were the air, I would fill your breath.

If I were the sun, I would light your way.

If I were the moon, I would pull you close.

If I were fire, I would warm your heart.

If I were water, I would quench your desires.

If I were the earth, I would hold you steady.

I am all of those, and none.

The creator made it so,

I cannot be those.

Unless we are one.

- Níci Repose



Thank you for the opportunity to be the provider of support for establishing and maintaining your dental wellness. We are requesting your support as well. We are currently accepting new patients. Would you be so kind as to have a conversation with family, friends, co-workers and neighbors about going to the dentist? Then, if we can be of support to them, please pass along our card.

Our interconnection, our relatedness, is undeniable. Our ability to mutually support one another on our journeys is the greatest gift we can share.

Keep smiling.

## Dr. Austin Requests Your Help With the Opioid Crisis

Over the past couple of years we as dentists have been bombarded by news about the Opioid crisis in the United States. Not a week goes by where the American Dental Association (ADA) does not send out an email, magazine article or newsletter that mentions this important issue in healthcare. Recently, the House of Representatives were set to vote on more than 20 Bills to combat opioid addiction. A simple explanation of the issue: Over prescription of opioid containing pain medication can lead to abuse. Abuse leads to addiction and worse case death. This can happen by prescribing opioid pain medication in unnecessary situations or over prescribing so that unused opioids sit around our medicine cabinets within easy reach for someone else to abuse.

A common addiction story starts with the use of prescription opioid pain pills whether prescribed to the abuser or not. If abused, these opioids cause a physical response in the human body that cause one to crave more of the drug. Soon the acquisition of more prescription opioid pills becomes too expensive or simply not available. By this time a person's brain chemistry has been severely altered and they commonly turn to the easiest, cheapest way to get the high they crave. This high is commonly found in the stronger, cheaper and more dangerous street drugs like Heroin. Much of the illegal heroin found on the streets is laced with even more potent narcotics such as Fentanyl, which are often found in the blood streams of those who have overdosed. Think this is uncommon? Think again, start asking around your family and friends and it won't be long before you find someone who has been closely effected by a situation similar to the one above. Recent Studies found by the ADA have reported that ER visits for Opioid overdoses are on the rise throughout the country, and have increased by as much as 30% in the U.S. (ADA, Morning Huddle 3/8/2018). Often times the population most at risk for abusing opioid medications are our youth. A recent TIME article (6/2 Ducharme) sited an alarming statistic in which it was found that Opioids were Responsible for 1 in 5 Deaths Among Young Adults.

So if not Opioids, then what?

If you have had a toothache or if I have extracted a tooth for you here at Drewyer Dentistry you may have noticed that I have not sent you home with a prescription for an opioid. Instead I have advised taking a Non-steroidal Anti-Inflammatory, such as Ibuprofen (Advil) and if needed to combine with an Extra Strength Tylenol (Acetaminophen). This advisory of pain medication is usually accompanied by my explanation that research shows this is the best cocktail for tooth related pain.

Here is a broad guideline for treating Dental Pain:

Start with 2 tablets of 200 mg Ibuprofen. If you are not feeling better after 4 hours take 3x 200mg Ibuprofen.

If after 6 hours you are still not feeling better take a combination of 1 Extra Strength Tylenol and 3x 200mg Ibuprofen.

After 6 more hours this recipe can be increased to 1 Extra Strength Tylenol combined with 4x 200 mg Ibuprofen every 6-8 hours.

Keep in mind that this is a general guideline for dental pain and that consulting with us is always best. I generally individualize this regimen depending on our patient's specific needs. Not only does this pain regimen avoid the use of opioid containing pain medications, but it is backed by strong research. A recent New York Times article (4/25 Bakalar, Subscription Publication) reviewed multiple studies of medications that showed "over the counter pain pills are safer and more effective than prescription opioids for controlling the pain following dental procedures." A Case Western Reserve University study reported that "Opioids are not the most effective way to manage dental pain" and the Journal of the American Dental Association found that a combination of ibuprofen and acetaminophen (Tylenol) provides more effective pain relief. The American Dental Association's President Joseph P. Crowley has advised "that over-the-counter products are as effective or more effective than opioids to solve acute pain."

So, Dr. Austin here asking you to please help me in the effort to protect our community from the dangers of opioids.

Patients: here's what you can do:

- Dispose of all unused prescription medications. Find a local Drug Turn in Program, flush prescriptions down the toilet or throw away in the trash. Check out [www.fda.gov/drugs](http://www.fda.gov/drugs).
- Next time you are given a prescription for pain medication, ask if there are any alternative pain control options besides opioids. Often times Doctors feel forced to prescribe opioids because that is what the public expects. As described above they are not always needed.
- Ask about side effects or dangers of the prescriptions you are given.

My Colleagues in Healthcare:

- Consider starting with Over-the-Counter Pain measures before utilizing opioids for pain management.
- When necessary to use opioids, consider writing for 3 days or less.
- Register with and utilize Prescription Drug Monitoring Programs (PDMPs).
- Educate patients on the dangers and side effects when prescribing opioids.
- Screen patients for abusive characteristics prior to prescribing.



**Barb Realizes It's Right In Front of Us**

Do you ever ask yourself, "Am I doing enough for others?" I think this quite often. Through the 24/7 of social media, we are constantly informed of all the needs and wants of society. On one hand it is an amazing way to make us aware of important causes and people's struggles. Social media definitely helps us to step forward with a little more energy. It can also be overwhelming. Which cause do we take on? Who do we help, whether it is physically, emotionally or financially? How do we balance this with all that goes on in everyday life?

Recently while in a doctor's office, I was looking down at the parking lot. I watched an elderly woman get out of her car and go to her trunk, with some difficulty she removed a wheelchair. She opened the chair, pushed it to the passenger side of the car where a young man was sitting and opened the door. She helped him get into the chair, which was not an easy task since he was disabled. It was very cold that day. He was all bundled up with a coat, scarf, hat and gloves, yet she still pulled a blanket from the car and tucked it all around him. This whole process took about 10 minutes. The last thing she did before taking him to their destination was lean down, hold the side of his face in her hand and kiss his cheek. I do not know what the relationship was between these two people; was he her son, grandson, nephew, friend, I will never know that answer. But the answer I did get that day was: if that woman does nothing more in life then to take care of this young man the way she did that day, "that's enough". I realized that if we just take care of the people right in front of us, that's enough.

I have to admit it is not always easy. I can get caught up in all my "stuff" and not notice what is going on around me, but when I am able to be aware, it is all right there in front of me. In any given moment we can make a difference in someone's life and a difference can be made in ours, as that woman did, that day, for me.



**Dr. Douglas Proposes No More "I'm Sorry"**

There is what I call a "throw away" phrase commonly exchanged between us that, I declare, may develop some subtle, yet powerful undercurrent that I do not wish to be swept away with on our trip together. When I hear "I'm sorry", I begin to sink. I want to reach out and grab on to a limb to keep us from washing away. I want you to know I have no need and derive no pleasure to have you feel guilty, blamed, shamed or accused, somehow less-than-worthy in our partnership. Is that what you want of me when you 'demand an apology'? Is that how you feel when you utter an apology?

Quickly offered and lightly spoken, often shortened to simply "sorry", or, "my bad", nevertheless the utterance of 1 or 2 simple words immediately sets up a right/wrong and/ or good/bad disparity between one another. This imbalance is in itself impossible, when we belong to each other and indisputably are equipped with our uniquely human capacity for compassion. After all, there is no you and me, only us. So often is it uttered that it has become perhaps an allowance for immediately moving on. Do you think saying "I'm sorry" leaves you free and clear to continue sleep-floating your way down the river, unfettered and oblivious to the other one's feelings and needs that you must have sensed were violated when you offered an obligatory "my bad." I see danger therein. I say, in the moment of sensing that a need has been unfulfilled, or a request ignored, taking a moment to address the feelings and needs of one another holds the possibility of making life much more enriched for both of us. Moreover, not one is left shaming or feeling shamed, blaming or feeling blamed, accusing or feeling accused.

Go ahead, jot down a moment when you recently said, "I'm sorry." Alright, now jot down a moment when someone said "I'm sorry" to you. What were you feeling? What needs of yours were not being met? That's right, you likely said you were sorry to someone when in fact your needs weren't being met! Certainly, you were waiting for an apology for some action or another that did not meet your needs. Empathy not only means you are aware of the needs of your partner that were not addressed; self-empathy is just as valuable.

In best practice, when I notice an "I'm sorry" about to come forth, I pause to consider that my response comes not from fear, guilt or shame, but from a stance of radical empathy, the compassion I assert for the acknowledgement of my own needs and the needs for others. What's so radical about that? Considering that the "My Bads" being thrown around come fast and furious nowadays (my experience), it is radical indeed to request I take the time necessary to pause, contemplate what's going on within me and without me, and address those facts. Otherwise, the chance for unnecessary suffering presents for the sake of all who come in my wake.

"Emancipate yourself from mental slavery, none but ourselves can free our minds" - Bob Marley, Redemption Song

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★ Editor's Note..... ★  
★ Thank you for reading our first newsletter of 2018! I do ★  
★ hope that you enjoyed every thing on every page. We have so much ★  
★ to share that I had to do be creative with layout to include what ★  
★ I love to contribute - the pictures! They are all from a very ★  
★ therapeutic morning stroll at Brookside Gardens. The value of time ★  
★ spent in nature is priceless! After you read this - get outside and ★  
★ be in this world! ★  
★ Deb ★  
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