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Historical Heart Day

We love celebrating love! Considering that Americans spend more than \$1.9 billion on roses alone for this one day of romantic revelry, where did all of the madness begin? Is it really just a commercial cash cow, or are the roots of V-Day more enduring? Welcome to a crash course in Valentine's, ladies and gents!

Luper-What? Lupercalia, that is! In ancient Rome, February 15th was the day to celebrate the god Faunus, patron of agriculture and fertility, and the mythical twins Romulus and Remus, founders of the city of Rome. A blood sacrifice here, and a cave gathering there - the festivities also included a pairing that would leave the lingering association of love with the month of February. Roman women would place their names into a huge urn and bachelors throughout the city would each draw a name. The couples would be paired throughout the year and most of the matches became marriages.



Lupercalia was outlawed in the fifth century by Pope Gelasius, who simultaneously declared the observance of Saint Valentine's Day on February 14th, the day when the patron saint of love was supposed to have been executed!

Saints Alive! The name and much of the modern meaning behind today's Valentine's Day comes from the 200 A.D. Catholic martyr, Valentinus or Valentine (three Valentine-esque saints are recorded, from the period). The fabled Saint Valentine stands for love and marriage in a time of injustice! During the third century, Emperor Claudius II outlawed marriage for young men to keep them fighting fit (he thought that marriage made his soldiers weak). With such a ludicrous decree, Valentine stepped up to the plate and began to perform marriages to soothe the troubled youths. Claudius caught on sooner rather than later, and of course put the errant priest in prison to await his execution.

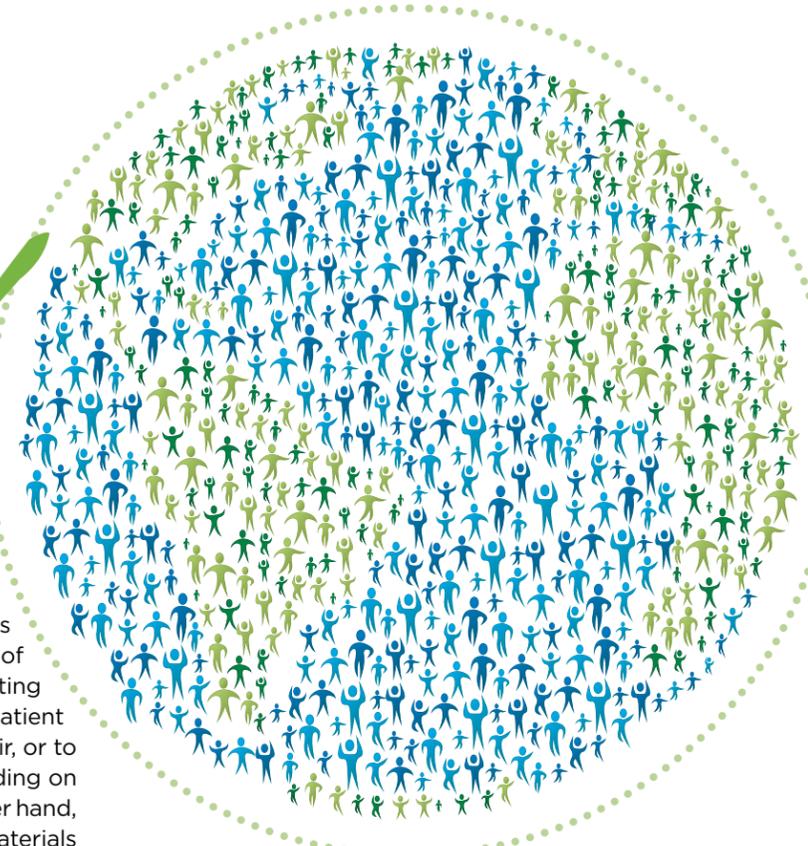
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привет!
¡Hola!
Hello!

If you've read my bio on the website or (fingers crossed) my past few newsletters, you already know that I'm an advocate for holistic dentistry. But you might *not* know that Russian is my native language, or that I spent some time in Spain learning Spanish and studying their dental culture. In fact, I've spent a lot of time learning about dentistry in other cultures. It's fascinating to me to learn about the different forms of dental care across the globe - for example, in India, visiting the dentist is a family ordeal. It's not uncommon for the patient to remove his/her shoes before sitting in the dental chair, or to have eight or more people in the treatment room, deciding on the proper treatment for that family member. On the other hand, some countries have banned the use of certain dental materials or practices - in those cases, I can't help but wonder, do they know something we don't? Why make the same mistakes? My mission is to learn about how others practice, and why they do or don't do what I was taught in school. By collaborating, we can reach new advances in medical procedures and technology for a happier, healthier tomorrow.

I've been traveling since the day I can remember. My parents are from the former Soviet Union and, as a first generation American, I went into kindergarten without knowing English. Having been forced into bilingualism at a young age, it's always been relatively easy for me to pick up new tongues. Throughout my childhood, I would learn Hebrew words while attending Hebrew/Sunday School after secular school. And after having learned Spanish in middle school and high school, I decided to spend a few months after college studying Spanish in Seville, Spain and French in Nice, France.

My multilingual skill has come in pretty handy from time to time - especially here in Chicago. I never realized how diverse this city is until I spent some time in various dental clinics - some speaking only Spanish, some only Russian or Polish. My



dental Spanish and Russian increased exponentially. I have never been more thankful to have the ability to communicate with my patients than I was during that time.

Over the course of my life, I've been to over 40 different countries. Last year, I spent some time in Estonia (not to be confused with the mythical Astonia) and explored the Baltic region of northern Europe. I've been to Russia, China, Singapore, Australia, Chile, and Morocco (to name a few). It may seem like I've seen the world, and although I have traveled some of it, the world is a pretty big place - and I haven't quite seen everything yet. The best part? I never will! There are always new things to learn, new places to visit, and new experiences to be had. Who knows what'll unveil in countries like Japan where they're already experimenting growing teeth out of stem cells. Need a new tooth? Let's grow one! To quote an old '90s public service announcement, "The More You Know!" - the more I learn from other cultures and countries, the better I can relate to and serve my patients...at least, that's the way I see it.

- Dr. Tepplitsky

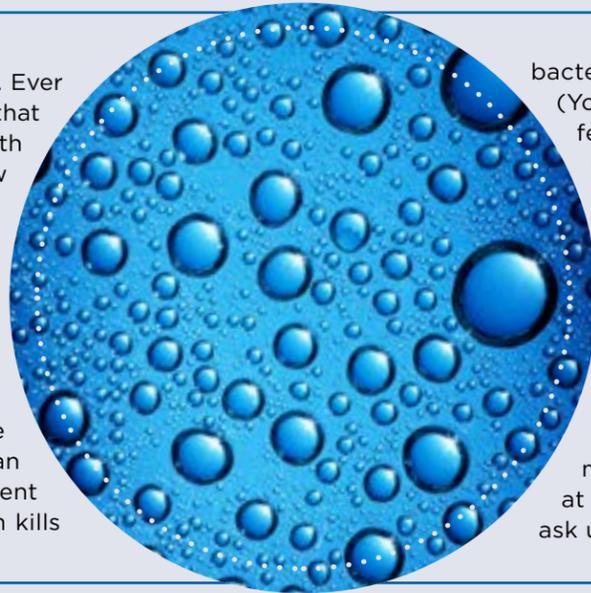
TASTE THE *Ozone*

Water, water, everywhere, but not all water is created equally! So what makes some water better than others? Ozone of course! Ozone is created by an energetic reaction that results in an oxygen molecule (O₂) being split into singlet oxygen (O¹). O¹ then combines with O₂ forming ozone (O₃). Lightning, ultraviolet light, and corona discharge tubes all act on little old oxygen to make ozone, and ozone is everywhere! It smells like a thunderstorm or a hot copier – and wait until you read what it can do for you!

Never heard of it? We're not surprised, but ozone has been hard at work for years! Ozone has been used to disinfect the water supply in Europe since the early 1900's and was first used in the dental office for procedures in the 1930's in Germany. Since then, many uses in the dental office have been created. And in 2013, here at Wrigleyville Dental we

bought our very own Ozone Generator. Ever drink cold water or breathe in cold air that makes your teeth hurt? Guess what? With a few seconds of ozone treatment, now that can be fixed. Wanna know how else we're using our nifty toy?

During your appointments, you'll swish your mouth with some ozonated water. Since ozone destroys bacteria, viruses, fungi, and parasites, we can be sure your mouth is clean, both for your sake and ours! It works so well to reduce the germs in your mouth that we can use it inside your gums to treat or prevent gum disease. Both gas and liquid form kills



bacteria and reduces your pocket depths. (You could go from a 5 to a 3 within a few weeks!) In advanced periodontal disease, ozone trays can be used instead of having gum surgery. And when doing fillings and crowns, spraying some ozonated gas can help sterilize the underlying surface, decreasing your chances for cavities. We are also learning ways to treat small cavities with ozone, instead of drilling! Talk about too good to be true, this little machine has been a life-changer here at the office. Next time you come in, ask us about our Ozone unit!

Historical *Heart Day*.....

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This myth has a second portion, for while Valentine waited for the day of his death, the priest met with the daughter of his jailor and fell deeply in love. Before his execution, the lovelorn martyr sent his beloved a letter signed with the now iconic: "from your Valentine."

Getting Medieval While Valentine's Saint Day has its roots in the second century, the proper romantic celebration of Heart Day didn't come about until well over 1,000 years after its inception. The first recorded V-Day card came about in 1415 when the Duke of Orleans was imprisoned in the Tower of London. To his beloved, he wrote: "I am already sick of love, My very gentle Valentine..." and laid the foundation for an entire industry!



R.I.C.E. *it's not just what's for dinner*

You may feel like superman after hitting a new max on the bench or like Wonder Woman when you add another set of bar dips to your routine, but for us mere mortals, injuries happen. I know it may kill you to skip legs for a few days, but ignoring that sprained ankle is only going to make it worse. You gotta "R.I.C.E., R.I.C.E., baby..." Following these steps will promote healing, restore flexibility, and get you back on that StairMaster in no time.

Step 1: **REST**

Even if it's not head-to-the-hospital serious, if you feel something abnormal during a workout, stop. Change it up. Let whatever part of your body that feels "off" rest for a while. If it is more serious, like a strain or tear, take a day and just relax. Give your body a chance to heal.

Step 2: **ICE**

You'll want to avoid the swelling of an injury because it can exacerbate the problem. So, immediately apply something cold, like a bag of ice or an ice pack (a bag of frozen veggies from your freezer also works), to the area to reduce pain and prevent swelling. Leave it on for 10-20 minutes, 3 or more times a day. Just make sure you've got a towel or cloth between your skin and the ice. After a few days, if the swelling is gone, apply heat to the area to help things relax and move back into place.

Step 3: **COMPRESSION**

Again, swelling is not our friend. Wrapping the injured or sore area with a bandage (e.g., an Ace wrap) will provide comfort and decrease swelling. Just make sure it's not too tight. It's a wrap, not a tourniquet. If you start to feel numbness, tingling, coolness, increased pain, or swelling, loosen it up! If you're using a wrap for more than 72 hours, you should probably go see a doctor as the injury may be more serious than you realize.

Step 4: **ELEVATION**

Did we mention that we want to avoid swelling? Keeping your "owie" elevated, preferably above your heart, will decrease excess blood flow to the area and therefore help minimize swelling. If your limb starts to turn white or feel uncomfortable, you're probably elevating a bit too much. Adjust to a more comfortable position and relax.

Train for a *Better Brain*



Everybody makes a big deal over "brain training" and preventing brain-related diseases by doing puzzles and games. Websites and sudoku books aside, here's a little-known tip for a better brain: Exercise!

Seems more than a little strange, right? In order to work out my brain, I need to work out my body...?

Here's some science for ya: according to a study done by the Department of Exercise Science (that's gotta be a fun department) at the University of Georgia, even briefly exercising for 20 minutes facilitates information processing and memory functions.

Exercise increases your heart rate, which pumps more oxygen to the brain and releases a plethora of hormones, which participate in aiding and providing a nourishing environment for the growth of brain cells. Pouring your sweat on also stimulates the brain's plasticity by stimulating growth of new connections between cells.

So if you're striving to remember the guy from Accounting's name at the water cooler on Monday, or racking the ol' noggin' for the cute redhead's digits from the night on the town this weekend, go for a run, swim, or get in some reps. Your brain (and maybe your love life) will thank you.



Did You Know?.....

Periodontal disease can be transferred via sharing silverware, lipstick, or kissing. So be careful who you kiss on Valentine's Day. To be sure you're kissing a clean mouth, make sure you and your partner have your gums evaluated. You may have some bugs living under your gums that can cause harm to your body or transfer to those you love. The best type of exam is a microbiological one - one that uses a microscope. And by using an electric toothbrush, you can reach deeper into your gums to get those suckers out.

