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April 2019

On the Rise

WORLD HEALTH DAY AND THE RISE OF ORAL CANCER

While dentistry is our primary focus, we're always thinking about our patients' overall health. April 7 is World Health Day, as organized by the World Health Organization, and it's a great opportunity for us to examine some of the issues we can address through holistic dentistry.

The rise of oral cancer is one such concern. Over the past several years, it's become one of the fastest-growing cancers. Thankfully, it's also one of the most easily diagnosed. Part of the reason for its rapid spread is the increase of HPV, and how infrequently it's tested for. Oral cancer comprises 85% of all head and neck cancers, so it's important that practitioners are on the lookout for this prevalent disease.

Dentists play a key role in spotting the signs of oral cancer. In addition to routine oral exams, we can use technology to do more accurate tests. At Wrigleyville Dental, we use the Oral ID to help identify signs of oral cancer. The Oral ID uses a fluorescent light that shines one cell layer below what the human eye can see. It measures cell abnormality and can detect cancer or trauma in the mouth. Depending on what we see with the Oral ID, we can take a biopsy or use a less invasive method that takes a few cells without inducing bleeding and send those samples off to the lab. We've been doing a lot of screenings recently to do our part in keeping oral cancer at bay.

Some risk factors for oral cancer are alcohol consumption, tobacco, HPV, a previous cancer, a diet low in vegetables, sun exposure, a weakened immune system, and poor oral health. One of the biggest risk factors for oral cancer is smoking, and that's not just limited

to traditional cigarettes — chewing and vaping also put you at risk. Vaping has especially increased in popularity in the last few years. While it's often marketed as being healthier than traditional cigarettes, vaping still puts you at risk for diseases, including oral cancer.

The spread of the human papillomavirus (HPV) has largely contributed to the rise of oral cancer. While oral cancer was traditionally something healthcare providers saw in an older population, the prevalence of HPV is leading to more cases of oral cancer in young adults.

If you have a benign lesion or sore in your mouth, it will often go away on its own within three weeks. If it doesn't, you should talk to your dentist or physician about it and have them take a closer look. The tongue, inside the cheek, and the floor of the mouth are the most common places oral cancer is found. If you notice a bump (though there may or may not be a bump with oral cancer), redness, or a white area that wasn't there before and doesn't go away, get it checked. Most oral cancer is painless and goes unnoticed.

With the rise of cancer and Oral Cancer Awareness Month in April, we're offering a **Free Oral Cancer Screening Day** to the community on April 25 from 9 a.m. to 1 p.m. Anyone who wants an oral cancer screening can give our office a call to schedule one for free. We're extending this offer to everyone in the community, so please help us spread the word.

Before our free screening day, I'm heading to Tampa for the annual meeting of the Holistic Dental Association. I'll be giving two lectures; one I'll be teaching a Holistic Dentistry 101 to other dentists interested in holistic/biological/integrative dentistry, and the other is a lecture on toxicity within the dental office. I have to admit, I'm looking forward to the change of weather in Tampa! It'll be nice to be somewhere that's above 30 degrees. Then again, between lectures and talks, I won't spend much time outside — I guess I'll have to soak up the sun every chance I get!

We look forward to being part of your health and wellness team. If you have any health-related questions, don't hesitate to reach out.

Until next month,

-Dr. Teplitzky



RELAX AND DETOXIFY WITH A HOT CUP OF TEA



DIY LEMON GINGER ROOT TURMERIC TEA

There's nothing quite like sitting back in a comfy spot with a hot cup of tea. If you haven't tried making it yourself, DIY tea is a surprisingly simple undertaking, and you benefit from fresh ingredients that infuse your mug with wonderful aromas and flavors.

Ginger is a wonderful base for homemade tea. It's known to ease digestive discomfort or an upset stomach. Fresh turmeric adds to the anti-inflammatory benefits, and lemon juice brings zestiness and antibacterial properties.

LEMON GINGER ROOT TURMERIC TEA

Ingredients

- 2 tablespoons ginger root, peeled or whole
- 2 cups water
- 1 tablespoon lemon juice
- 1 teaspoon fresh turmeric

Directions

1. In medium cooking pot, bring water to a boil.
2. Add ginger and turmeric.
3. Let steep for 10-20 minutes depending on how strong you'd like the tea to be.
4. Pour into a mug and add lemon juice.

Adapted from The Spruce Eats

For a touch of sweetness, add a teaspoon of unprocessed local honey to help soothe a sore throat and combat seasonal allergies. Honey harvested locally contains the same allergens that cause your sniffles and itchy eyes, so eating it may help your immune system adapt before allergy season.

Reusable muslin tea bags are great when you make tea yourself or buy loose leaf tea. You can find these reusable bags at many natural health food stores or online. Reusable teabags are environmentally friendly and easy to use. To keep them clean, simply put leftover tea contents in the compost or garbage, rinse the bag, and allow it to air-dry. After three to four uses, add the tea bag to your regular laundry cycle.

Now sit back, relax, and treat yourself to your rejuvenating homemade tea.

HOW THE PLACEBO EFFECT WORKS

The placebo effect works. Study after study has confirmed it. The question is how. Numerous studies have shown placebos are most effective for aches and pains, as well as seasonal affective disorder (SAD) and depression. The placebo effect even works if you're aware you're taking a placebo.

With that in mind, a person can't just start taking placebos (or sugar pills) and expect a placebo effect. There is a strong psychological component. This may mean seeing a doctor or participating in a drug study to get the ball rolling.

There are three challenges a person needs to overcome for a placebo to be most effective: **conditioning**, **expectation**, and **belief**.

First, you need to be **conditioned** to accept the placebo as the real deal. For example, the placebo has to look like the medication it is meant to emulate. You might start treatment with the real medication and eventually transition to the look-alike.

Then, you must **expect** it to work. There must be an indication that the placebo is "real." This might be a doctor telling you it's real



and effective, or it might be previous experience taking a certain medication. In your mind, if the real drug worked, so will the look-alike.

Lastly, you need to **believe** that when you take the placebo pill, it will do what you *think* it's supposed to do. Belief is a powerful tool, and when you believe it's going to help, the placebo will be most effective.

In pain studies, for example, some people experienced the same reduction in pain as they would have experienced had they taken typical, over-the-counter pain medication. Keep in mind, however, that the placebo effect affects each person differently.

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MERCURY TESTING FOR YOUR — AND YOUR CHILD'S — HEALTH

EVALUATING YOUR HEALTHCARE OPTIONS

It's one thing to detoxify from a weekend of unhealthy eating and another to detoxify from high levels of mercury. People who have high levels of mercury in their body may experience a variety of uncomfortable and mysterious symptoms. They might not even know why they're experiencing them, which often leads to treatments that don't target the source of the problem. High mercury levels can be caused by silver amalgam fillings, eating a lot of high-on-the-food-chain seafood, a child's high levels due to mom removing/placing silver amalgam fillings during pregnancy, and many other factors.

Fortunately, we are able to test mercury levels in children and adults to determine if they are to blame for your symptoms. Especially for those who have difficulty detoxifying, an assessment of mercury levels and a proper treatment option can be life-changing.

While testing for mercury toxicity can be tricky because mercury is stored all over the body, we use a more accurate three-pronged approach that gives us a clearer picture of your overall levels. Taking a blood sample, hair sample, and urine sample from a patient gives us a good idea of the total amount of mercury present as well as how the liver and kidneys, the body's main routes of eliminating mercury, are doing their job.

With a blood test, we can see the amount of free-flowing mercury in the body, as well as the mercury absorbed from fish and other seafood. It gives us a snapshot of what's going on in the body at the moment the blood is drawn, but it doesn't tell us about the mercury that's trapped in the tissue. A urine sample shows the amount of mercury that's being filtered through the kidneys, and a hair test detects methylmercury exposure and how slowly or quickly a body removes mercury.

Mercury testing is an important part of evaluating your health. Some people have more trouble detoxifying than others, and an assessment of toxin levels and proper detoxification can improve their overall quality of life. From there, we can take a holistic perspective and address areas of concern to help you return to better health.

Our doctors use the three-pronged testing approach to make mercury testing accurate, efficient, and easy. If you have questions about mercury testing, need a reference to a doctor to help get tested, or are concerned about your silver fillings, call Wrigleyville Dental at 773-975-6666.

SHHHHHH!

It's National Library Workers Day!



staff. Librarians and their team do far more than simply place books on the shelf and shush noisy teenagers, after all.

Library science is a multidisciplinary field that takes years of study to master. Today's librarians have the skills of managers, IT specialists, documentarians, archivists, and educators — equipping them to help anyone from elementary students to doctoral researchers. These professionals can be an invaluable resource for anyone looking to delve into a particular topic, even if they don't know where to begin. Just tell your local library worker what subject you're interested in, and they can help you track down books, databases, magazine articles, and more.

How should you celebrate National Library Workers Day? Some groups, such as the students at the University of Arizona, go above and beyond by delivering balloons and signs to library branches across Tucson. More commonly, however, library branches ask their community members to vote for a "star" staffer. If a library worker has made a difference in your life, you can submit their name to the American Library Association by visiting Ala-Apa.org and clicking "Submit A Star!" Lastly, you can show your appreciation by visiting your local library and thanking these professionals. Libraries are important community centers that can only function with the hard work and dedication of librarians.

Whether you have a card or not, libraries are an important part of our community. They serve as meeting places, research stations, employment centers, and local historical archives. They help kids and adults alike explore vast literary worlds and immense databases of knowledge — all for free! Behind every library is a dedicated staff of librarians, catalogers, assistants, and administrators who keep the system running smoothly.

While it may not be the most well-known holiday, April 9 is National Library Workers Day (NLWD). As part of National Library Week, NLWD recognizes and celebrates the vital work performed by library

Roasted Radishes With Radish Greens

Inspired by Food & Wine magazine

Radishes start showing up in droves during the spring and summer months, but all too often we only eat the bulbs raw on salads and discard the greens. This recipe bucks both of those trends, with the radishes being roasted alongside their green tops.

INGREDIENTS

- 3 bunches radishes with greens attached
- 2 tablespoons extra-virgin olive oil
- Salt and pepper, to taste
- 2 tablespoons unsalted butter
- 2 tablespoons fresh lemon juice

DIRECTIONS

1. Heat oven to 500 F. While heating, trim radishes and wash greens. Pat both dry using a paper towel.
2. In a large ovenproof skillet, heat oil over high heat until shimmering. Season radishes with salt and pepper, add to skillet, and cook until lightly browned, about 2 minutes. Transfer entire skillet to oven rack and roast for 15 minutes.
3. Once removed from oven, return skillet to stove. Over medium heat, stir in butter and add greens. Cook until they are wilted, about 2 minutes.
4. Finish with lemon juice and additional salt if desired. Serve immediately.

