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March 2019

Inside

A Good Night's Sleep	pg. 1
2 Effective Natural Antibiotics	pg. 2
Ways to Honor International Women's Day	pg. 2
Soba Noodles With Garlic and Zucchini	pg. 3
A Closer Look at 'Root Cause'	pg. 3
Sleep and Your Health	pg. 4

DO 8 HOURS REALLY MATTER?

WHAT HAPPENS WHEN OUR BODY DOESN'T GET ENOUGH SLEEP

As Dr. Teplitzky mentioned on the cover, March 11-17 is Sleep Awareness Week, and the entire month is dedicated to sleep awareness. With more and more research finding consistent links between chronic lack of sleep (usually defined as less than seven hours) and health issues, like diabetes and heart disease, it's no wonder more people are waking up to the importance of sleep.

While eight hours tends to be the "magic" number for a lot of people, how much sleep we need varies with age. Based on recent research, the National Sleep Foundation has updated their recommendations for the sleep window each age group should aim for.

RECOMMENDED SLEEP WINDOW FROM THE NATIONAL SLEEP FOUNDATION:

- Preschoolers, ages 3-5:** 10-13 hours
- School age children, ages 6-13:** 9-11 hours
- Teenagers, ages 14-17:** 8-10 hours
- Adults, ages 18-64:** 7-9 hours
- Older adults, ages 65 and over:** 7-8 hours

What happens when we don't hit our windows? When we don't get enough sleep, we don't function as well. Scientists have found that lack of sleep can impair our memory, ability to handle stress, alertness, and quality of life. Cytokines, proteins that fight infection and inflammation, are chemicals our body produces when we sleep. If we're not sleeping, we may not produce as many cytokines, which could impact our body's ability to fight off disease. These impairments may explain the correlation between insufficient sleep and higher rates of disease.

While getting enough sleep is important, quality of sleep is also key due to its restorative benefits. For those who've suffered from a sleep disorder like sleep apnea their whole life, they may be confused about why they go through the day feeling exhausted. People who are used to a sleep-deprived state of life might not even know what it feels like to have a good night's sleep. It's one of the reasons Wrigleyville Dental offers take-home sleep kits to help our patients discover if a sleep disorder is affecting their life. Talk to our knowledgeable team and find out if you would benefit from a sleep evaluation.



Around the office, sleep is the hot topic of many of our conversations. When I found out Sleep Awareness Week kicks off on March 11, it felt serendipitous because it's a great reason to talk more about how our sleep quality impacts how we feel when we're awake.

Last year, our conversations with patients, along with our goal of helping more of you get a good night's rest, prompted us to get sleep study kits for our office. Instead of checking into a hospital for the night, a patient can take the kit home, wear the wristwatch that comes with it, put the probe over their finger, and go to sleep. From there, the kit reads their oxygen levels, REM cycle, and how long and how well they are sleeping. It can tell us if a patient is breathing better in one position versus another. Pretty amazing, right?

From this simple assessment, we can figure out information like if a patient has sleep disordered breathing at night or is sleeping better on their side versus their back. Based on this information, we can create a plan and find the best treatment. In the medical community, and in some of our severe cases, the best method is a CPAP machine, but for many of our patients who can't tolerate a CPAP or don't want one, a simple oral appliance is the key to a good night's sleep. Treatment depends on the person and the factors that are causing them to lose sleep. Dr. Levy, our sleep specialist, is focused on finding the best customized treatment plan for each patient. I'm so glad she's part of our team!



The more I learn, the more I recognize how important sleep is to our health and how connected it is to dental care. When we sleep, our body goes through a form of detoxification and resets itself. It enters a repair process: We finish up digestion, our organs are able to process and reset, and our muscles get to rest and repair themselves. There's a lot of repair and rejuvenation that happens. Some people sweat at night. Many emit their unique odor that can be smelled on their PJ's. That's all part of the process.

We should feel refreshed when we wake up from this restful period, but if our sleep is being disrupted by breathing issues, like sleep apnea, we're not getting all the essential benefits of sleep. Any disruption in the night, even if you go back to sleep, can interrupt the body's repair process. Small fits of wakefulness can leave you feeling tired the next day. That's why we're so passionate about diagnosing and treating sleep disorders — they impact so much of our life.

Sleep apnea can affect kids too, and it's just as crucial, if not more so, for our children to get a good night's rest. Snoring, teeth grinding, and even wetting the bed are all symptoms that their bodies are waking them up because they're not sleeping well. Parents are often told their children will grow out of grinding their teeth, but they're grinding their teeth because their bodies are trying to make space to get more air.

Here's the good news: If we can diagnose and treat sleep disordered breathing early, we can potentially cure a child so they don't carry it into adulthood. Early intervention is so important, and thanks to current research and our collaboration with pediatric dentists, we can work with kids as young as 2 years old. Resolving sleep issues can spill over into every area of a person's life; children who are struggling emotionally, those that have ADHD or just seem to have too much energy, can become more stable and balanced simply from a better night's sleep.

Everyone deserves a good night's rest. If you or your child aren't getting it, let's change that.

-Dr. Teplitzky

MOTHER NATURE'S GERMICIDES

2 Ways to Fight Bacteria

Our world is becoming increasingly "antibacterial" with practically every office, medical facility, grocery store, and school being equipped with dozens of containers of hand sanitizer and sanitizing wipes. While these products claim to be 99.9 percent effective at killing bacteria, the harsh chemicals dry out our skin, and over time, bacteria become more and more resistant to these agents. As a result, we're hearing more and more about "superbugs" — strains of harmful bacteria that cause severe illness and are not easily remedied by antibiotics.

But you can still protect yourself and your family against illness-causing bacteria without resorting to harsh chemicals and medications. The answer is to go all-natural! Here are two options that are completely natural yet totally effective against the microorganisms that make us sick.

RAW HONEY Most honey you find at the store has been pasteurized and filtered, rendering it far less effective when it comes to its antibacterial properties. On the other hand, raw, unfiltered honey is an incredible antiseptic. Even better than your average raw honey is manuka honey, which comes from New Zealand. Its antibacterial properties are potent enough that hospitals around the world keep it on hand to treat certain kinds of infections and burns.

If you get a cut, applying raw honey to the wound can keep out harmful, infection-causing bacteria while killing any existing bacteria. Not only does the honey help prevent infection but it can also help reduce healing time. Raw honey can also help alleviate internal infections, such as peptic ulcers caused by *Helicobacter pylori*. Manuka honey is particularly great for this — just add some to hot tea or water and drink!

OREGANO A study published in the International Journal of Molecular Sciences took a look at the effectiveness of oregano against bacteria, and it turns out that the compounds carvacrol and thymol, found in oregano, make for strong antibacterial and antifungal agents. The study found that oregano was effective against salmonella as well as other harmful microorganisms and fungi that make people sick.

As an antibacterial, oregano is most useful as an essential oil. In this form, it's highly potent, meaning you only need a drop or two in a glass of water for it to have an effect. You can drink it, or you can infuse a couple of drops into some coconut oil and apply to your skin. However, be warned that because it is potent, it should not be used on a regular, ongoing basis. Use only when needed and only for a few days at a time — and ALWAYS use it diluted!

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ROOT CAUSE



ADDRESSING THE NETFLIX DOCUMENTARY

Since the documentary "Root Cause" came out on Netflix, we've been getting questions from our patients concerned about root canals. Because this movie has reached out to so many people, we want to address some of your questions and put to rest some of the concerns the movie may have brought up for you.

If you've seen the movie, you know it makes a compelling case for the link between health issues and infected root canals. Root canals can become infected and potentially cause health issues, but those infections can also be caused by other underlying issues. In our practice, there's no one-size-fits-all approach. We take a look at each patient's medical history, family history, diet, lifestyle, and a host of other factors to determine if a patient can successfully handle a root canal. Of course, if there is an infection present, that's a different story. Infections are a burden for the body, and we handle them quickly. But ultimately, every body is different, and we take those differences into consideration with our personalized approach to treatment here at our office.

Before making a decision about whether or not to pull a root canal tooth, we evaluate and see what the status of the tooth is. Using 3D technology from our state-of-the-art cone beam, we can screen patients to look for any irregularities in the area and determine if an infected root canal might be to blame for some of the symptoms they're experiencing.

At Wrigleyville Dental, we approach health from a broader, holistic view, looking at each piece of the puzzle to determine the best treatment plans for our patients. We get to know and sort through our patients' symptoms to find out what's at the root cause of any health issues they're experiencing, looking at their oral care as a crucial piece of their overall health. We don't practice "one size fits all" treatments.

We appreciate that our patients care so much about their health and want to stay engaged and informed. Thank you for coming to us with your questions! If you have any questions or concerns about your root canal after watching the movie, please talk to us so we can create a plan together.

HOW TO HONOR

International Women's Day



On March 8, people around the world will honor International Women's Day. Adopted by the United Nations in 1975, the holiday is meant to highlight the immeasurable accomplishments of women throughout history and draw attention to the ongoing struggle for global gender equality.

International Women's Day is celebrated differently around the world. Some nations, like Nepal, give all their citizens the day off. Most countries, however, including the United States, treat it as a normal day, at least officially. Even though we don't have the day off, there are many ways for everyone to honor International Women's Day this year. Here are a few of them.

TALK ABOUT THE WOMEN WHO INSPIRE YOU

From major innovators, like Ada Lovelace, the world's first computer programmer, to megalithic literary icons, like Maya Angelou, women

throughout history have shaped how we live our lives. Whether you're inspired by famous historical figures or the women in your own life, take the time to talk about that influence. Which women helped get you where you are today? What female leaders do you look up to? What are some lessons you've learned from them?

JOIN THE CONVERSATION

Regardless of your gender, March 8 is the perfect time to tune in to the larger conversation surrounding gender inequality, if you haven't already. This could mean attending meetings or reading works that capture the female struggle for equality, such as Roxane Gay's "Difficult Women," or seeking out blogs and social media accounts that support female entrepreneurs online.

International Women's Day is about appreciating the contributions of women to society and envisioning a more equal world for the future. We all have the power to change our world for the better.

Soba Noodles With Garlic and Zucchini

Inspired by NaturallyElla.com

Because they are traditionally made with buckwheat, many brands of soba noodles are gluten-free. Combining them with the increasingly-popular "zoodles" results in a healthy, light meal that you can eat for lunch the next day.

INGREDIENTS

- 4 ounces soba noodles
- 1 tablespoon olive oil
- 2-3 cloves garlic, grated
- 1 tablespoon ginger, peeled and grated
- 1/4 cup soy sauce
- 2 tablespoons water
- 1/2 small red onion, thinly sliced
- 1 small zucchini, julienned into noodle strands

DIRECTIONS

1. Bring a pot of water to a boil. Add soba noodles and cook until tender, about 4-5 minutes. Drain and rinse with cold water, then set aside.
2. In a large skillet or wok over medium-low heat, warm olive oil until barely shimmering. Add grated garlic and ginger, and cook for 1 minute. Pour in soy sauce and water, and bring to a boil. Lower heat and simmer for 2 minutes.
3. Add onions, simmering for 3 minutes. Stir in zucchini and cook for an additional 90 seconds.
4. Add soba noodles and toss to fully coat. Serve immediately, or cool and serve as a cold dish.

