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THE BEST FALL SPICES TO BOOST YOUR FAMILY'S HEALTH



It's the season of fall spices. Pumpkin spice — which is actually a mix of many different seasonal spices — is a favorite, but it's not the only one we should try this year. Seasonal spices are a fun way to literally *spice up* your meals, and many of them also have surprising health benefits!

SOMETHING FOR YOUR HEART: CINNAMON

Cinnamon can actually help lower your blood sugar levels, which is especially beneficial for folks with Type 2 diabetes. The Johns Hopkins Medicine website also reports that cinnamon has heart-healthy benefits. For example, studies show that cinnamon can reduce high blood cholesterol and triglyceride levels, thus decreasing the risk of developing heart disease.

How to add more cinnamon to your diet: Sprinkle cinnamon on oatmeal or plain yogurt for a warming boost of flavor. You'll also find cinnamon in pumpkin spice, a seasonal favorite.

SOMETHING FOR YOUR BRAIN: TURMERIC

Recent research has found that turmeric can reduce inflammation. A compound in turmeric called curcumin has been shown to help reduce the pain and swelling associated with arthritis. The anti-inflammatory properties of turmeric may also help reduce inflammation in the brain, which has been linked to depression and Alzheimer's.

How to add more turmeric to your diet: Homemade curries are a great way to get a good dose of turmeric. You can also add turmeric to roasted vegetables or taco seasoning.

SOMETHING FOR YOUR STOMACH: GINGER

If you've ever drunk ginger ale on a plane to calm your upset stomach, then you've already experienced the healing properties of ginger. Ginger can be used to treat nausea, including nausea due to motion sickness and pregnancy. Studies show that ginger can also offer relief to cancer patients suffering from nausea caused by chemotherapy.

How to add more ginger to your diet: There are many baked goods that call for ginger. Your morning coffee or tea could also benefit from a hint of ginger.

These are just a few spices that are also superfoods! Do some research to discover the secret benefits of your favorite spices.

THE DENTAL CONNECTION TO OVERALL HEALTH

Surprising Conditions We Can Correct



At Wrigleyville Dental, we strive to take a more integrative approach to your health. We view the mouth as an inseparable part of the rest of the body. Worn down teeth from clenching and grinding aren't considered "normal" wear of the teeth, and it may actually alert us to a nighttime airway or breathing problem. The signs that something is wrong can be evident even in young toddlers, who may be experiencing symptoms of poor craniofacial growth and development patterns. In adults, these issues can give rise to high blood pressure and increased risks of cardiovascular complications. Children, for the most part, are able to cope and compensate while they are young. However, some kids suffer as a result of poor breathing and poor sleep over a period of time. The responses vary from child to child in terms of symptoms they exhibit: nighttime terrors, wetting the bed, poor concentration at school, and more.

Our bodies are designed such that breathing is meant to take place in the nose. The nose filters the air we breathe and boosts the nitric oxide levels in our body, which helps regulate blood pressure. When growth patterns are less ideal, we develop high, narrow palates that structurally interfere with nasal breathing. We begin to breathe through the mouth, and tonsils and adenoids become more responsible for filtering the air we breathe. This blocks some of our airway space, and as a result, the head postures forward to help reposition ourselves to get more air, which causes other skeletal issues, such as an exaggerated spinal curve, uneven shoulder height, and headaches as a result of strain at the base of the skull.

In the absence of interference, malformed or malpositioned teeth or jaws can result in a variety of systemic issues. While the interruptions to the growth patterns may not be immediately obvious, all of our doctors have done extensive training to recognize atypical growth patterns. Some warning signs to look for can be crowded teeth, crossbites, flat facial profiles, long facial profiles, and poor posture.

We recommend taking a specialized type of dental radiograph, as well as a series of photographs and impressions. After a thorough consult with me, orthodontic recommendations will be reviewed when appropriate. This may not always be braces but can include several types of retainers that can help expand the jaws and influence changes while a child is still growing. Orthodontics, and even surgery, can sometimes still be needed in the future, but the likelihood of this is reduced when we start to intervene at an early age. Treating the whole body and not just the teeth is the driving force behind what pushes us to always improve and offer our patients the best options for their health.

My interest in helping both children and adults improve their overall health through addressing poor posture and inefficient breathing began when I discovered firsthand how these habits affected the well-being of my son. Although the issues were present since birth, I only learned to identify them when he was a toddler once I began pursuing additional training in how to manage these problems. Now more than ever, the COVID-19 pandemic has brought respiratory health to the forefront of the public eye. Proper nasal breathing helps us to filter the air we breathe and minimize the bacteria or viruses that make it into our system, which is critical for maintaining our health. During the shelter-in-place period, I was able to refocus on what is important to me both personally and professionally. I love that I have been able to help make a difference for many patients with the specialty knowledge and techniques I have been learning and incorporating the past few years.

—Dr. Shira Levy

IS YOUR FACE MASK CAUSING YOUR JAW PAIN?

Causes and Solutions for Jaw Pain

Dentists are experts in teeth and gums, but they also attend to their patients' jaws, as they play an integral role in the overall health and comfort of the mouth. If you're experiencing frequent jaw pain, it could be due to a number of things.

TEMPOROMANDIBULAR JOINT AND MUSCLE DISORDERS

These disorders are the most common cause of jaw pain, and they affect nearly 10 million Americans. You may experience pain in the temporomandibular joints, the hinge joints on either side of your jaw, due to excess stimulation of the joint, a displaced disc, or arthritis of the disc, which can come from grinding your teeth, clenching your jaw, or sustaining a facial injury.

RESIDUAL PAIN

Your jaw is connected to several other parts of the body that may experience frequent pain or discomfort. Cluster headaches typically manifest as pain behind or around one of the eyes, but this pain can often radiate down to the jaw if it's severe. You can also get pain in the neck, shoulders, or upper back due to TMJ pain. Sinus problems could be another culprit, as these air-filled cavities are located close to your jaw joints. If they become infected by a virus or



bacteria, the excess mucus that results can put pressure on your jaw joint and cause pain. A severe tooth infection like a dental abscess can radiate away from the mouth and manifest in the jawbone.

PROTECTIVE FACE MASKS

As people have begun to wear protective face masks more regularly, evidence is mounting that when the tight elastic that wraps around the ears tugs down, it draws the ears forward and compresses the disk of your jaw. To combat this, stretch your jaw before putting on your mask to give the disc extra space to move up and down. You can also do some stretches while wearing your mask as well.

For immediate relief of consistent jaw pain, apply a moist heat or ice pack to the area. You can also use your fingers to massage the sore areas of your jaw, such as the area right before your ear where the joint is located. Rub in a circular motion with your mouth closed, then repeat the motion with your mouth open. This is a great way to relieve tension and pain. Also, avoid chewy/hard foods if you're experiencing jaw pain, as they can make it worse. If your pain persists, be sure to reach out to our office and schedule an appointment with Dr. Levy, who is a specialist in jaw pain.

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In the span of a few months, face masks went from being something Americans only saw in healthcare facilities to an item we can't leave home without. Since everyday use of face masks is still relatively new in the United States, here are some answers from Johns Hopkins Medicine to common questions regarding the proper care and cleaning of your face mask.

'How often should I clean my face mask?'

Disposable, surgical face masks cannot be cleaned. Johns Hopkins recommends throwing surgical masks away when they are "visibly soiled or damaged." If you wear a reusable fabric face mask, then you should wash your mask after each day of use to help prevent bacterial growth.

'What's the best way to clean my face mask?'

Earlier this year, a video circulated on social media claiming that you could use a rice cooker to sanitize disposable face masks. This claim is untrue. As stated previously, disposable face masks cannot be cleaned. However, fabric face masks, especially those made of cotton, can be washed with the rest of your laundry. Run them through the washing machine with hot water, then tumble dry on high heat. If you are sensitive to perfumes, use an unscented laundry detergent.

'Is it safe to hand-wash face masks?'

Since fabric face masks need to be washed after each use, running a wash cycle just to clean a couple of masks can feel pretty wasteful — like doing a load of laundry only to wash the socks you wore yesterday. The Johns Hopkins Medicine website states that you can hand-wash your face masks if needed. Use hot, soapy water to wash your masks, scrub the mask for at least 20 seconds, and dry on high heat in your dryer.

'Where should I store my cloth face masks when I'm not wearing them?'

Put used cloth face masks directly into the laundry basket when you arrive home to ensure they get cleaned in a timely manner and to prevent you from accidentally spreading germs. Have a sanitized place designated to store clean face masks only. Avoid putting face masks in your pocket or purse.

Face masks are supposed to help keep us all healthy. Follow these tips to make sure your mask doesn't become a petri dish.

Inspired by "The Oh She Glows Cookbook"

3 GREAT APPS

TO MAINTAIN YOUR MENTAL HEALTH AT HOME

When you lead a busy lifestyle, mental health often takes a back seat to other pressing matters. Thankfully, there are a number of easy-to-use apps to help address this concern. Even if you're pressed for time, these apps can help you maintain your mental health. And if you're just looking for some simple resources to guide you through mood-boosting exercises, they've got you covered there too.

MOODFIT (GetMoodfit.com) Think of this app as a fitness tracker for your mind. The mood tracker allows you to record your moods and thoughts and follow trends and changes over time. You can look at these trends yourself or set the app to monitor specific areas of your mood. This highly customizable app is packed with tools and resources to help you with your mental health. In addition to the mood tracker, Moodfit offers a range of breathing exercises and a guide to mindfulness meditation.

MOODMISSION (MoodMission.com) If you're struggling with mental health issues, like anxiety and depression, you may feel like this free, evidence-based app was designed just for you. MoodMission asks you a series of questions to assess how you're feeling, then suggests a series of "missions" you



can complete to help you get into a better state of mind. Missions are short, achievable tasks, like taking a walk around the block or cleaning up a room in your home. Of course, like all the apps listed here, it is not a replacement for professional mental health care, but it offers evidence-based exercises and a level of support that's not often found in smartphone apps.

TALKSPACE (Talkspace.com) While this app contains a number of mental health tools, its primary purpose is to connect you quickly with one of the company's thousands of licensed and experienced therapists you can message on a regular basis. Unlike traditional therapy where you schedule an appointment and meet in person, Talkspace allows its user to communicate with their therapist through the app's encrypted messaging system. It also allows you to request a check-in from your therapist and provides a place for them to upload your therapy notes. Talkspace is more costly than some other apps, but depending on your specific needs, it may be worth it.

Roasted Rosemary Brussels Sprouts and Potatoes



INGREDIENTS

- 1 3/4 lbs fingerling potatoes, halved lengthwise
- 3 cups Brussels sprouts, trimmed and halved
- 3 cloves garlic, minced
- 2 tbsp fresh rosemary, minced
- 4 tsp olive oil
- 1 1/2 tsp sugar
- 1 tsp sea salt
- 1/4 tsp pepper

DIRECTIONS

1. Preheat the oven to 400 F and line a baking sheet with parchment paper.
2. In a large bowl, combine all ingredients. Toss until the Brussels sprouts and fingerlings are evenly coated with oil and seasonings.
3. Spread the mixture on the baking sheet, then bake 35-38 minutes, stirring halfway through. Add more salt and pepper as desired, then serve!