

Dr. Douglas Drewyer's 7 Effects of Highly Effective Smilers

"Sometimes your joy is the source of your smile but sometimes your smile can be the source of your joy."
- Thich Nhat Hanh

The wise Vietnamese monk knows something of the bodymindspirit connections, inviting us to smile during challenging times, thereby informing a positive biofeedback loop that brings positive changes. Researchers have proven what Thich Nhat Hanh has experienced: when we are positively stimulated by a pleasant memory, a fond connection, or any other sensory pleasure, a rush of the "good stuff" rises up inside, and we smile. When we smile, the good stuff keeps on a circulatin', and the feelgood loop recirculating.

Let's consider 7 potential rewards experienced by highly effective smilers:

Mood Elevation Transition from self-loathing and self-doubt by smiling at yourself. If others noted your anxiety, you might have received the advisory to stop taking your "self" so seriously. A wink and a smile can be just the thing to bring you out of the fog.

Stress Reduction From the world of weird science: a study in 2012 at University of Kansas by psychological scientists, Tara Kraft and Sarah Pressman, noted lower heart rates and quicker stress recovery from attempting to accomplish a stressful task, when their mouths were contorted artificially into smile formations without positive stimulus or awareness they were in "Smile-Mode". Seems just the physical manifestation of a smile reduced stress. I reckon that's why Jean's Mom used to admonish her to hold her face just a certain way to get the job done!

Smiles are contagious Smile and the world smiles with you, especially since special mirroring neurons are activated (see "feelgood" biofeedback loop). When we are smiled at, we smile back. Pass it on because there's "nothin' left to do but Smile, Smile, Smile".

Improve Approachability Really? You have to wonder about this? Who do you want waiting on you at Baskin Robbins? The smiler, or the frowner? I know who I want dishing out my scoops.

Increase Trustworthiness It has been researched. The bigger the smile, the more trustworthy we are judged to be. Please ignore "smiling faces, smiling faces, sometimes, they don't tell the truth...smiling faces, smiling faces tell lies, lies, lies, and I got proof". A great R&B tune, but it just doesn't fit my treatise.

Immune System Boost It has been documented as powerfully reducing blood pressure and opening us into relaxation mode. Want a double-dose of this feel-good elixir? Throw in a hug for added oomph! Hugging is a powerful elixir, indeed!

Increase your Creativity Smiles trigger changes in our brain chemicals to stimulate rather than depress our creative centers. Smile, and get out your crayons.

It is worthy to remember, smiles come from the heart, travel through the brain, and can be expressed with your showing of teeth (if you've got'em!). Moreover, we have a choice, and upset is optional. When in doubt – CHOOSE SMILING!

"Control for smilers can't be bought, maybe so maybe not" - Phish

As noted by the band Phish, when such powerfully positive chemicals are being reinforced, it becomes quite a challenge to bring them under control. Who'd want to reign in these psychoactive modulators, anyhow, considering these 7 Effects?



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Four Feet Away with Dr. Douglas Drewyer

What's the big deal about dental wellness? It may not occur to many of us, if we are fortunate enough to take it for granted. Likely, an awareness of our dental wellness comes to the forefront when it is presenting as "less than". There is nothing quite like the classic toothache to bring one right into the present moment of a terribly limiting, extremely painful event with no home remedy to quell the eruption. It is just these occurrences that Austin and I work diligently to support you to prevent. Gratefully, the "ounce of prevention is worth a pound of cure" axiom holds true for the vast majority of our patients, keeping you a predictable distance from the upset of dental pain. Here's wishing that is your current stance and status of personal dental wellness.

And so, I invite you to consider: what do you need teeth for anyway?

If, for example, you are standing four feet away from someone, it would be rude for the other one to be staring at anything but your eyes at that "professional" distance. If someone moves into your personal space, certainly eye contact is the rule. Closer than that? Our eyes are usually closed. Therefore, it may be argued that having teeth for esthetic reasons is a study in personal vanity. Tooth whitening comes to mind here. How silly for the sixteen-year old to want whiter teeth! And yet, many folks associate white teeth with everything from youth to beauty to perhaps even socioeconomic status. If having white teeth boosts self-esteem, terrific. It does not have much to do with dental wellness, however. At four feet away, halitosis (bad breath) is not often an issue either. When George Carlin spoke of someone's breath being so offensive that they could "knock a buzzard off of a garbage truck", his comedic exaggeration was hilarious, just not often an issue. However, bad breath is often masked with a plethora of mouthwashes and breath mints promoting fresh breath, doing precious little to promote dental wellness.

As you grocery shop, four feet away from the bakery, fruits and vegetables, seafood and meats departments, you likely fall into the trap of emotional shopping to provide for emotional eating. You have to get much closer to read the nutritional labels and might be surprised to know you can provide nutritional sustenance for your family with products that do not require chewing at all! This understandably would limit to nearly zero the restaurants catering to those nutritional demands, however. And your social circle would likely shrink as the number of dinner invitations would dwindle corresponding to your nutritional options. So, do you need teeth for proper nutrition? Not in today's world.

When we get right down to it, dental wellness is about choice. You may choose to be proactive and preventively minded through the establishment of an appropriate and mutually determined continuing care regimen. Just what does that mean? Austin and I coach you up and create your personal awareness about what you need to do and why you need to do it; you carry out the plan to the best that your skills and genetics allow; then you make and keep a Prophylaxis appointment (prevention) often enough so when you present, you are in fact enjoying a nearly plaque and bleeding free profile, manifesting a truly preventive status. Now, you may choose to do other than that. Perhaps you choose to be less than rigorous with personal dental hygiene measures. Maybe you choose to allow time to get away between check-up (Prophylaxis/Preventive) visits. Your dental wellness will predictably be other than the preventive profile. Four feats (bad pun?) in this case, stand between you and top notch dental wellness: education, motivation, hygiene and continuing care. That always re-minds me of a bumper sticker I have intended to create – "Without Doc, I can't, Without Me, Doc won't".

Similarly, you may have received a diagnosis requiring services of restoration or replacement of teeth or gums. Another choice set, with any viable options, awaits. Austin and I present the awareness and education of the issue at hand. Most often you will consider treatment services based on the tolerance of the procedure, the time it requires, the cost and the predictable longevity. Our crystal ball does not allow for a predictability on exactly when the service must be performed unless, of course, it is an emergency pain-relief issue.

You choose, once again, personally weighing those factors, and determine the 4 feet away from care – you use your 2 and we'll use our 2 to meet you halfway.



Today's Breaking News: Weight Gain and Obstructive Sleep Apnea discovered in bed together!

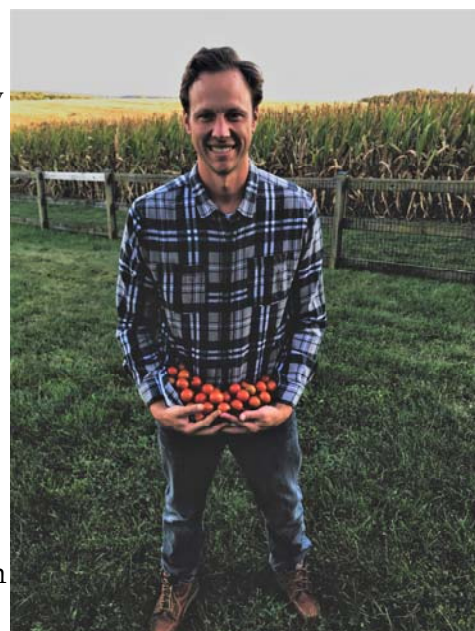
While it is now well known that 70% of folks experiencing Obstructive Sleep Apnea (OSA) are overweight to obese, it is also valid to appreciate that OSA can make for special challenges to folks wishing to lose weight. The overweight person has more fat deposits surrounding the collapsible airways. During sleep, when muscles begin to relax and the airways close down, the extra weight simply closes the airway even more. More weight leads to more severe risk of complications.

Early breathing difficulties can bring on weight gain. It can follow to be a frustrating challenge when attempting to lose weight while experiencing OSA. The condition brings on changes in hormonal balances that stimulate hunger and excessive eating. Moreover, the daytime sleepiness (also hormonally controlled) can get in the way of the energy to exercise. Finally, insulin regulation of blood sugar and fat deposition are also interfered with during the experience of OSA, contributing to weight gain and Diabetes.

Daytime sleepiness, excessive weight gain or difficulty in losing "that next 5 pounds", appetite control, and borderline to high blood glucose are among the observable potential correspondences to experiencing OSA. Add Snoring, High Blood Pressure and various oral anatomy profiles to the sleuthing accomplished by Dr. Austin and Dr. Douglas in their quest to support your awareness, knowledge and motivation to seek treatment with the appropriate therapy (CPAP or Oral Appliance Therapy). Better Sleep Breathing leads to better quality sleep leading to reaping the benefits of reparative, restorative, energizing sleep patterns...and weight loss management!

Garden Update from Dr. Austin

If you are an avid Drewyer Dentistry Newsletter reader, a follower of our Instagram @Drewyer_Dentistry or Facebook page @DrewyerDentistry, you know I love spending time in my garden. This Spring, I built a 4x8 ft raised garden bed out of 2x6 un treated white pine boards. I planted a Green Bell Pepper plant, a Large Cherry Tomato plant and a Beefsteak Tomato plant. Early in the Summer I lost my green pepper plant to pests just as my first fruits were about an inch in diameter, still trying to figure out what decimated my plant to a single stalk over the course of only a week or two. At the same time, my tomato plants flourished with just a little Tomato Tone Organic fertilizer and a whole lotta love! I got off to a little late of a start, as I did not get my tomato plants into the ground until early June, but by mid-August I had more tomatoes than I knew what to do with. So, I turned to the smartest person I know, my wife. Lauren and I made two batches of tomato sauce, tomato pies, tomato flatbreads, caprese salad (with fresh basil from my garden too), tomato butter, tomato bread, tomatoes on our tacos, plain raw tomatoes (my niece, Caroline's favorite!). That—that's about it (just like Forrest Gump would say).



This year was the first in awhile that I did not get around to planting any Zinnias. Lauren and I love having fresh cut flowers in the house and we definitely missed having them around this year. Besides adding a bed of Zinnias, I am looking for other good ideas on what to plant. Next time you are in the office let me know your garden tips and favorites. You can also follow me on Facebook or Instagram to see what I've been up to!

Drewyer Dentistry is now MEDICARE APPROVED

We are so very pleased to announce that we have been awarded certification by Medicare as a DMPEOS Supplier for Oral Appliance Therapy for the treatment of Obstructive Sleep Apnea (OSA). Just exactly what does that mean? We can submit to Medicare for reimbursement for the delivery of the dental appliance we create for the treatment of Mild to Moderate Obstructive Sleep Apnea. For our patients with Medicare benefits, and a diagnosis and prescription for the treatment of Obstructive Sleep Apnea with Oral Appliance Therapy, we can now assist you with reimbursement for this life changing, life-saving therapy.

As is our protocol, simply appoint for a Sleep Breathing Consultation and Home Sleep Study screening. Depending on the data collected from our thorough history and state-of-the-art Home Sleep Study technology, should you be experiencing Obstructive Sleep Apnea, then you will be able to take advantage of your Medicare benefits to experience a powerfully successful therapy to abate the silently destructive condition that is OSA. As the saying goes, you are now just a phone call away from the possibility of breathing better while sleeping, informing more energy in your day to day activities while reducing the dangerous effects OSA creates on our hearts, blood sugar and partners! Appoint today for your consultation and Home Sleep Study, and get Medicare to assist in seeking this wonderful care.

Now Offering In Office Whitening with Dr. Austin

If you have asked about whitening in our office since I have been at Drewyer Dentistry, you probably left our office with information on where to buy Opalescence Go Over the Counter whitening tray on a certain online site that rhymes with "Shmamazon". I probably then told you that the Dental Product Reports I read, tout this product as giving close to the same results as any in-office whitening treatment for a fraction of the cost.

So, what's changed?

Well, a few things have changed and a few have not. Recently, our Ultradent dental supply representative informed me that this at home whitening product was highly unstable when not stored correctly and that its effectiveness declines significantly when not refrigerated. Most of the online storage warehouses are not refrigerated, so there is no guarantee that the product you get online would actually be effective. So of course, we immediately stopped recommending that our patients order this product online. I have also been asked by patients if any alternative whitening products exists that would be safer for their gums, as OTC whiteners are impossible to keep off our gingival tissue which can lead to uncomfortable days of irritated, discolored gums. Other patients commented that they wished there was a more immediate whitening treatment as they did not want to leave trays in their mouth for hours at a time, over the course of a couple weeks, to obtain whiter teeth. One of the most common complaints about whitening is the tooth sensitivity that comes along with putting high concentrations of chemicals on teeth. People with already sensitive teeth are smartly cautious when it comes to using an over the counter product.

So here is my why. Doing my research and speaking with my colleagues, I decided on the in-office whitening treatment called Opalescence Boost. The treatment includes up to three (usually two) 20 minute applications of a 40% hydrogen peroxide gel applied during a 1 hour visit with us, right in the comfort of your favorite dental office. For patients wanting immediate results without the fuss of trays at home, this is perfect. With the Boost treatment I am able place a protective barrier over your gums prior to applying the whitening gel. This ensures your gums are safe and comfortable both during and after your whitening treatment. Many patients have only certain areas of sensitivity but still wish to whiten their teeth. With Boost, I am able to block out any areas of sensitivity (like root surfaces) and monitor my patients throughout the treatment, so someone who once thought whitening was not for them, now can experience it too. I chose Opalescence Boost because it contains both potassium nitrate and fluoride. Fluoride and Potassium nitrate are known desensitizers and also help to strengthen teeth helping to prevent cavities while we whiten.

Have you seen the advertising for whitening treatments that use a blue light? Have you ever wondered what the blue light does to make your teeth whiter? The answer is nothing. All that blue light does is dry out your teeth, dehydrated teeth appear whiter temporarily until a few hours later when they naturally re-hydrate. This process of drying out your teeth not only does little to whiten your teeth, it also increases the chance of sensitivity after those treatments. So, you won't find me using these gimmicky blue lights to "whiten" any of my patient's teeth in our office.

I understand that an in-office whitening treatment may not be for everyone; however, after many inquiries from my patients, I thought it would only be responsible to start providing an in-office solution that obtains immediate and safe results for those looking for a brighter smile. If you were one of the few to ask about whitening while I scrambled for a safe/quality solution, I thank you for bearing with me as I went on this journey to find the best product for our patients. For more information including a video detailing the treatment, visit www.DrewyerDentistry.com, then click on **SERVICES** and then **Whitening**.



Although I wrote this over 10 years ago, I dusted it off as brand new all over again following a wonderful roller coaster of a 2019 Post 60 Mangos season:

Each Pitch

There was last year's championship. And there was the one that got away three years before
Neither one of 'em is quite what it's all about...
It's not about this year's draft to come in February, or June
It's not about the incoming freshmen or the retiring veteran or the next level
any more than the clean pages of the scorebook that may or may not be pencil- dirty by August.
Yes, there has been intentional effort in the Winter
When the field is nothing softer than carpet over concrete
When 90 feet is the entire length of the warehouse, not the short distance to complete the turning of the doubleplay
The ceiling is cobwebs and nets, not yet blue sky and clouds or bright lights blinding out the stars
Baseball brings the legacy of our coaches' coaches.
The mentors, innovators, motivators who also had titles from Skipper to Sarge, Professor to Rabbi, Dad to Grampa to Great-Grampa
The ones known only through the ones experienced
And yet known just as well.
For every time a coach coaches 9, he coaches 9 x 9
Before long, he has coached 9 x 9 x the next nine
The children of our children's kids listening to today's sagely advice square up and invest their attention
Choose ball or strike and lay it all down on the line
The game behind the game
The fundraising bake sales and the school budgets
The t-shirts and warmup jackets, new leather and wood, pine tar to titanium
Last year's seeds in the bottom of the equipment bag, slick new balls fresh out of the wrapper, before the box is soft from the rain
with the bottom falling out
Watch the forecast for afternoon thunderstorms and calculate the time until dark when you have the lead or need to get it back
All the great ones started this way
And the fact of the matter sometimes forgotten -
They're all great ones
The Splendid Splinter was once a skinny kid on a San Diego sandlot
Brooks was as slow as an Arkansas float trip
Hammerin' Hank started out holding the bat in reverse grip
Pasha found the game in his first refugee summer from Russia
And George - the fastest kid you ever coached or played with - already had his cleats off and in his bag
when he was called on to pinch run in the ninth with the game on the line
Sammy, well Sammy couldn't catch a cold in the middle of winter naked,
And has since developed agricultural successes in the Middle East
As coaches, players and fans we revel in picking Baseball apart, seam by seam, stitch by stitch,
Unraveling the cover to discover the wonders within
Inside/out Back to middle Up and in and down and away Dynamically balanced Loose or tight
RPI, ERA,OBA, % this, index that
Analyzed by spin and speed and distance and angles and the generation of explosive power and exquisitely delicate timing
And, when it's all said and done (for the time being, anyway)
We are left with the fuzz on the yarn wrapped deep inside that holds it all together, our Love for the game
The beauty of baseball mimics the beauty of life in this way, at this time, with this team, and these families and this community
and these opponents
Baseball is about this pitch, each pitch in and of itself, just as life dwells in this particular breath
The last one already expired and the next one a gift not yet given
It is the waking up to the conversation our bodymindspirits are holding in the now
The realization of the what-is
Our passion, our learning, our physical and emotional preparedness and balance
All rising up to the challenge of the moment
It is the crystalline knowledge that for this team, gathering in this coaches meeting, in this practice today,
taking the field in this game, sitting together in these stands for this contest, we share together in a flash of an instance in time
The recognition of the precious value of the diamond
And, recall that value, the sharp reflective facet and focus on all that truly matters,
Forged through pressure over time
As the last two words of the national anthem are heard among the roar
Play Ball! Doc



★ Editor's Note...
★ Thank you for spending time with us and
★ reading our autumn newsletter! It is an "All Doctor"
★ newsletter edition. 2019 is speeding to a close. Find
★ some way to make it slow down for a beat or two. Enjoy
★ the end of the year and the promise a new one can
★ hold. 2020...wow!
★ Deb 
★ *****