



## Common Old Habits with Dr. Douglas continues...

It is at just these “high-stakes” times when I am challenged to respect, (from the Latin “respicere”, to look again) what I am hearing and the person I am hearing from, enough to lay my cherished truths aside and be fully present to their message. How would they hear that I’ve “got it”? Moreover, how would they know if I even cared about their message? I can bookend my speaking with a simple phrase – “tell me if I’ve heard you correctly” or “let me know, do I have this right?” both to begin and end my reflection.

Now about these COHs that interfere with reflecting the message clearly in the first place. Number one on the list happens when part of what I am hearing gets left out in my reflection back. Let’s call this *Omitting Important Things*. Why in the world would I *Omit Important Things*? Well, how about when a particular part of the speaking from my partner, although certainly important to them, may be offensive to me. Perhaps I am uneasy with the idea, or afraid if I reflect it back that I will somehow reinforce what I might consider as untrue, unkind, misinformed or outright delusional. Maybe I hear some piece of the message as blaming me for a situation. It is imperative that I remember that reflecting back what I have just heard does not mean I agree. There is no risk in pure reflection. And, this is not about “me” at this juncture, it is about respecting, listening again, to the speaker.

Keeping in mind that “high-stakes” exchanges regularly come across as emotionally charged, highlights another of the COHs we resort to – reacting (rather than reflecting). It might be considered a reaction by *Omitting Important Things*; I react when I hear something so astounding that I bury it as unimportant. Otherwise, reacting will show up in offering immediate alternatives, plans, strategies to “fix” the issue that has brought us to the high-stakes crossroads. Again, this is not purely reflecting the message. Importantly, should we have any future opportunity to partner with the other one along a course of healing and success, we had better let them hear loud and clear that we heard them in the first place. I certainly can conjure times when I reacted with the world’s greatest solution only to mire myself more deeply as the cause of the upset to begin with.

It is a given, we are by our human nature sentient beings (filled with our 5 senses). Leave us not confuse sensitivity with sympathy masquerading as empathy. Rushing to Empathy, a third COH, will show up when our heart is broken, we are so sad for the person’s message that we want to help, to ease the pain. Right from the start, we rush in with condolences and understanding, verbal hugs and hand holding. Empathy is powerful in the right time and right place, imperative in fact in all our relations. Rushing to Empathy, however, will undermine the initiative if offered before the speaker knows we’ve listened to the message in the first place. They were not asking us how we felt, or whether we had been there before, or even if theirs was a normal reaction or thought. We can only endeavor to be so skilled so that we have the opportunity to express these things as the partnership is strengthened.

In practicing a heartfelt value, to respect the person in front of me, requires that I look again, make room for their perspective (personal-viewpoint) and have the courage (LOVE) to set my viewpoint aside in order to fully embrace theirs. Only then may I look for the mutual respect and powerful relationship that may allow my perspective to come into view.

When I truly set my intention to listen to an other one, practicing reflective listening provides the feedback to the speaker that I have received the message. I can reinforce my intent to listen accurately and respectfully by inquiring even before I reflect back the message with a simple, “Let me know if I’ve got this right”. Finishing my reflection with another request for confirmation, “do I hear that right”, bookends my intent to sincerely hear what the other one said.

Thanks to the LEAP Foundation for waking me up to further ways to come to life more fully so as to serve life more nobly. The reminders from Dr. Amador have strengthened my resolve to sustain a sagely stillness within while providing a sovereign service without. These gifts, introduced to me by Dianne, Bob, John and Tom through the doors of ancient wisdom traditions, continue to enrich my partnerships and all of those under my care.

## Gum disease and the link to Alzheimer's Disease with Dr. Austin

I am a firm believer in treating the entire person each time you sit in my chair. Some call this being a Holistic Dentist, I simply call it being a dentist. Not only was I trained that way, but more and more it is becoming obvious to all healthcare practitioners that it would be irresponsible to ignore the connections between oral and systemic health and vice versa. Many times, I like to point out to my patients that the same blood running through the blood vessels in your gums and teeth will soon makes its way back to your heart and eventually through the rest of the circulatory system. Thus, an infection of the gums or teeth can impact even the farthest extremity of our physical self.

Recently, a close friend/family member of Drewyer Dentistry sent a few links my way citing some exciting research on the links between oral health and our mental health. That led to me writing this piece to fill you in on another way that keeping your dental wellness in tip-top shape can help improve your overall wellness and quality of life. Most of us are aware of the devastating effects of Alzheimer's disease on memory and one's ability to function. So, wouldn't most of us want to know if there were ways to prevent such a cruel disease?

Did you know that those with chronic periodontitis have a 6% higher risk of dementia (*Forbes, Mar. 17, 2019*)?

A new hypothesis closely links bacteria found in chronic periodontitis (gum disease) with Alzheimer's Disease (AD). Specifically, DNA from the bacteria *Porphyromonas gingivalis* (a bacteria known to cause chronic periodontitis) has been found in the brains of individuals with Alzheimer's (*New Scientist, Jan. 23, 2019*).

Following suit, the Journal of American Dental Association (JADA) has identified the presence of the bacteria *P. Gingivalis* as a risk factor for AD (*JADA, Mar. 15, 2019*). Inflammation could serve as the connecting link between periodontitis and AD. *P. Gingivalis* is known to cause inflamed gums, and chronic periodontitis has a tendency to infiltrate systemic circulation with inflammatory mediators and result in systemic disease (*North American Journal of Medical Sciences, Jun. 7, 2015*).

I found it exciting that treating chronic periodontitis could reduce the risk for AD in my patients, but even more exciting news could be on the way. The discovery of *P. Gingivalis* DNA in the brain has opened a new route for treating AD. Scientists are hoping that we may be able to find a cure now that we are better understanding the cause of AD. If this conversation has left you wondering what more you can do to prevent chronic periodontitis and control risk factors for systemic diseases, be sure to touch base with us at your next visit. As our patients are well aware of by now, we preach prevention and are happy to take the time to help inform our patients of what they can do to better their dental wellness as well as whole body wellness.



Thank you for the opportunity to be the provider of support for establishing and maintaining your dental wellness.

We are requesting your support as well. We are currently accepting new patients. Would you be so kind as to have a conversation with family, friends, co-workers and neighbors about going to the dentist? Then, if we can be of support to them, please pass along our card.

Our interconnection, our relatedness, is undeniable. Our ability to mutually support one another on our journeys is the greatest gift we can share.

### It's Just These Old Habits

He didn't listen to Winter, he just didn't feel the need.

Winter was too busy going nowhere, and He had the need for speed.

And to Spring he lent a deaf ear, lest its harmony make him humble.

And so the loss, to his awareness, Spring's beauty that followed the rumble.

In summer it was too damn hot, he was oblivious to the song it shared.

Hiding from the sun he shrugged, and believed that no one cared.

He knew the deep sadness of Autumn, with everything falling down.

He wasn't comfortable sharing the imminent chill, nature's evening coming on.

No wonder, it's said, he was lonely, yet wouldn't look in ancient eyes.

No wonder, it's said, that children never showed him they were wise.

No wonder that his empathy got confused with fearing death.

He just couldn't seem to listen clearly to hear what turns out best.

It's just that he formed these old habits, and owned them for so long,

he missed out on important things and reacted like lightning to right and wrong.

If only he had checked in, to see if he got me right.

Made room for me in his empty heart, so I might've filled it with some delight.

Surely then we would have grown together,

rather than drifting far apart.

Surely then we'd have made life wonderful,

reflecting joy in one another, heart to heart.

- Nici Repose March 14<sup>th</sup>, 2019



### **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.

