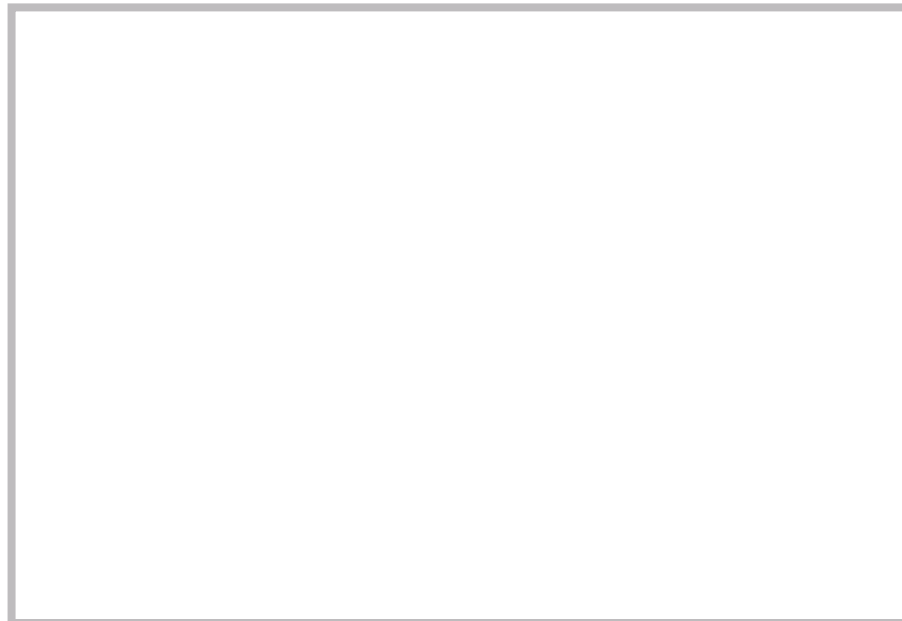


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ARE YOUR THRIFT STORE DONATIONS BEING THROWN AWAY?

Are you thinking about donating your kids' old clothes or that slow cooker you haven't used in months? Though donating your unwanted items is a great thing to do, amid the pandemic, many people have not considered the future of secondhand shopping and charity-based thrift stores like Goodwill. In 2018, Goodwill funded nearly \$5.3 billion in charitable services, like educational assistance, job training, and work placements. But now, Goodwill and similar organizations are facing a unique problem: They're receiving *too many* donations. To prevent your items from ending up in a landfill, consider the following before you donate.

Under the circumstances, this situation is understandable. Thanks to nationwide stay-at-home orders, many took advantage of their newfound spare time to spring-clean and

subsequently donate unwanted items to charity. However, with the confusion about how long the COVID-19 virus can live on clothing, secondhand shoppers have been staying home, worried about the health risks of buying used goods.

Famously, thrift stores still keep unsold goods out of landfills. Up to 75% of Goodwill's merchandise, for example, isn't sold in their stores. Instead, it's sent to discount outlets and then into global markets. However, Mexican traders, who account for 30% of business at thrift stores close to the U.S. southern border, and Kenya, the world's largest buyer of unsold secondhand clothes, have stopped buying during the economic shutdown.

Meanwhile, some good-intentioned Americans are leaving their goods outside thrift stores' front doors, not



realizing that without enough space to house the excess donations, many of these thrift stores will have to pay disposal fees, costing the business potential revenue and sending your items into local landfills.

However, Goodwill still wants your donations! You just might have to hold on to your items for a little bit. Check to see if your local thrift stores are open for donations. Many recommend waiting until the influx slows down, but others have expanded their inventory storage and are ready to keep up. Just make sure to follow their guidelines on acceptable items because any broken or worn items only add to their costs. Happy donating!

HOW TO DEAL WITH DENTAL EMERGENCIES ON THE ROAD

TIPS FOR MISSING FILLINGS, LOOSE CROWNS, BROKEN DENTURES, AND MORE!

During the summer, about 80% of the calls I get from patients are about dental emergencies they've experienced on the road. You wouldn't believe the number of people who have loosened a crown, broken their dentures, or lost a filling while on summer vacation. It's a common problem, especially when people are trying new foods or activities! Luckily, over the years, I've talked patients through all of these stressful situations. I have dozens of tips and tricks up my sleeve that will tide you over until you can make it to a dentist, whether that's me or someone else nearby.

I've rounded up a few of my best tips for you below. Check them out so you can avoid common mistakes like plugging a filling with gum or Krazy Glueing your fingers to your dentures (yes, I've seen both!). If you're going on a road trip this summer, stick this newsletter in your glove compartment. You might be happy to have it later!

Replacing a Missing Filling

If you lose a filling, head to a nearby pharmacy and pick up a filling repair kit in the dental aisle. Usually, these kits come with a paste that you can mix, roll into a ball, and plug into the hole where your filling was. This should tide you over until you get home!

Back to School Immunity Boost

Schedule a checkup and cleaning in August and receive a \$100 credit towards future treatment. Schedule your appointment online at GreatSmilesNJ.com!

Checkup and cleaning must be completed by Aug 31, 2020 and future treatment credit expires Sept 30, 2020.

Fixing a Loose Crown

If your crown falls out, your best bet is to glue it back in. It's tempting to use dental cement, but I'd actually recommend denture glue (the gel, not the powder) from the pharmacy. It's more forgiving, so you can easily adjust the crown if you put it in the wrong spot, and you can take it out at night to brush your teeth. To use the glue, simply dab a bit onto the inside of your crown, replace it on your tooth, and bite down for a minute to hold the crown in place. In a pinch, you can do the same thing with nontoxic Elmer's glue! Afterward, avoid sticky foods until you get home and can come see me.

Repairing Broken Dentures

To fix your dentures, grab some denture glue from the pharmacy to repair the big pieces, and save any small ones until you can come in to the dentist. If the metal or acrylic parts break and the edges are sharp, use a nail file to blunt them. If that doesn't work, pick up filling paste from the pharmacy (as discussed above) and push it onto the protruding piece. It will act as a temporary cushion and tide you over until you get home.

Salvaging Cracked or Chipped Teeth

Recently, one of my patients dropped their phone onto their face while laying down and cracked both front teeth. If this happens to you, make sure you save the tooth pieces! Then, if the crack is serious enough to be hot or cold sensitive, get to a nearby dentist as soon as possible.

Treating Tooth Pain

If you're dealing with tooth pain, try to nail down the source. Then take headache medication like Excedrin or Ibuprofen. Avoid Tylenol — it doesn't usually help.



Trying to get the most out of summer vacation!

Dr. Weddle's kids - Katie and Matthew with Katie's boyfriend Alex (in the middle) on a recent kayak trip in the NJ Pine Barrens.

How long you can wait to see a dentist depends on the severity of your pain.

Saving a Lost Tooth

If you or one of your kids loses a tooth, resist the temptation to clean it or dry it off. Instead, submerge it in liquid (milk is best if you can find some, but water works too) and head to a nearby dentist. If you make it within 30 minutes, they should be able to reimplant the tooth.

Reopening a Locked Jaw

If your jaw locks up, the best thing you can do is take Excedrin or Ibuprofen to manage your pain then get to a dentist within 24 hours.

Hopefully you don't have to deal with any dental emergencies this summer, but if the worst happens, these tips should hold you over until you're home again. Best of luck, and safe travels!

To your great smiles and better health,

-Dr. Michelle Weddle

YOUR MIDSECTION MATTERS

HOW PHYSICAL THERAPY PROMOTES A HEALTHY CORE

When you think of the word “core,” you probably picture rock-hard abs, but there’s so much more to this group of muscles than that. Your core is made up of 29 different muscles in the middle and lower back, pelvic floor, buttocks, and hips, and they all work together to support your body’s movements. No matter where a motion starts, it either originates in the core or eventually moves through it, which means if your core is compromised, then a lot of other activities are compromised. Luckily, you can strengthen your core in many ways.

BALANCE

Your core muscles serve as your body’s natural stabilizers and make constant adjustments in response to nerve cells called proprioceptors, which help with your sense of spatial awareness. When your core becomes weak, it’s more difficult to balance yourself in your center of gravity, which increases your risk of falls and affects upper and lower body movements. Standing on stability boards, which are flat boards with

curved undersides, is a great way to work on improving your core balance. You can even practice maintaining your stability by standing on one leg.

STRENGTH

Core strength is different from core balance: Strength determines how well your muscles produce functional movement. An array of both static (nonmoving) and dynamic (moving) exercises are great for any level of physical fitness. Static movements include exercises like planks or bridges, while dynamic movements include situps, pushups, and crunches. More gentle dynamic exercises for those just starting out, like leg lifts or pelvic tilts, can also help strengthen your core muscles.

ALIGNMENT

Achieving a healthy core can also improve your posture, which relieves stress on the spine and encourages proper alignment overall. Address your posture by standing up straight and



rolling your shoulders back. When you first begin training to strengthen your core, it’s also essential to establish proper pelvic alignment. Try rocking the pelvis forward and backward in a full range of motion until you find a comfortable middle portion of the movement. Many additional practices, like yoga and tai chi, can also help improve core alignment.

When it comes to physical therapy sessions, you’ll find that even if you’re there to address pain in your arms, neck, or legs, your therapist will often include core movements in your regimen because the core is such an integral part of everything we do. Whether you’re lifting a bag of groceries, practicing your golf swing, or recovering from an injury, strong core muscles are the support system your body needs to get the job done.

DEPRESSED, ANXIOUS, OR ANGRY? TRY LISTENING TO ROCK ‘N’ ROLL!

THE POWER OF MUSIC TO SHIFT YOUR MOOD

2020 has been a difficult year. If you’re feeling frustrated, angry, or depressed right now, you’re not alone! All over the world, people have been trying different strategies to cope with their feelings, including yoga, meditation, exercise, binge-watching their favorite TV shows, and even baking banana bread. But perhaps the most universal outlet and cure for pent-up emotions is music.

Do you remember the clip that went viral in March of Italians in quarantine, singing together from their balconies? If you do, that’s probably because it made you smile. TIME heralded it as proof that “the country’s spirits are still strong,”

and it’s just one small example of how music uplifts people. This isn’t just an anecdotal effect, either. According to the National Alliance on Mental Illness, music can help us process emotions and fight mental health conditions like anxiety, dysregulation, depression, trauma, sleep disorders, schizophrenia, and more.

So, how can you take advantage of music’s power to turn your mood around? One option is to create music of your own, but another is simply to listen. When it comes to flipping a bad mood on its head, a survey conducted by the Family Center for Recovery (FCR) suggests that rock is the genre of choice.

“During any given year, depression affects approximately 5%-8% of Americans,” FCR reports. “According to our survey participants, the vast majority — around 89% — turn

to music in order to feel better. The top genre for depressed listeners is rock, followed closely by alternative, pop, and hip-hop/rap.”

Perhaps unsurprisingly, the blues came in last on the list.

To put the power of music to work, create playlists for each mood that you want to turn around, like “Anger,” “Frustration,” “Sadness,” “Anxiety,” or “Grief,” and fill them with songs from genres associated with fighting that feeling. According to FCR, rock is the most popular antidote to sadness and anxiety, and it’s also high on the list for anger, along with pop and country. Frustrated people opt for variations of rock, pop, punk, and heavy metal, and those stricken by grief turn to soft rock or soul. The artists are up to you, so fill up your lists, press play, and let the music do its work.



YOUR ‘CLEAN’ WORKOUT ROUTINE

TURN HOUSEHOLD CHORES INTO EFFECTIVE EXERCISE

Everyone knows how labor-intensive cleaning can be. A long day of scrubbing down your house is a great way to work your muscles and get your blood pumping, so crank up some tunes, grab a mop, and get ready to transform your cleaning routine into a great workout.

To get physical benefits from cleaning, you need to turn up the intensity of your methods. Exaggerate your motions, pick up your pace, and keep your abs tight and knees flexed. Nearly any chore can be turned into an exercise, but here are some ideas to get you started.

- **Vacuum:** Vacuum briskly nonstop for at least 20 minutes, switching arms as you go. For an added challenge, do lunges as you vacuum and remember to keep your toes pointed straight ahead and your knees bent at 90-degree angles.
- **Pick Up:** Instead of simply bending over to pick up toys or clothes, do a squat with every item you grab. Remember to use your legs, not your back. You can also do squats while unloading the dishwasher or with any other chore that involves repeated bending.
- **Wipe Down:** Whether you’re wiping windows or scrubbing appliances, do big, exaggerated arm circles until your muscles start to burn and make sure you’re switching arms as you go.



- **Cook:** It’s not cleaning, but it’s still a chore with useful downtime. While food is simmering or thawing in the microwave, do some pushups, situps, or planks to get your muscles moving.

You can implement dozens of exercises to turn mundane activities into beneficial workouts. Some chores will burn more calories than others, but every bit of activity helps. Now’s the time to work your way to a cleaner house and a healthier you.

TAKE A BREAK!



WORLD’S BEST VEGAN CHIMICHURRI

Inspired by Simple Vegan

INGREDIENTS

- 1/2 cup oil (extra-virgin olive oil recommended)
- 1/4 cup vinegar (apple cider vinegar recommended)
- 2 cloves garlic, minced
- 4 tbsp fresh parsley, finely chopped
- 2 tbsp dried oregano
- 1/2 tsp salt (Himalayan pink salt recommended)
- 1/4 tsp ground black pepper
- Cayenne pepper, to taste

DIRECTIONS

1. In a bowl, add all ingredients except cayenne and whisk until well mixed. If desired, add cayenne pepper a little at a time until you reach your preferred level of spiciness.
2. Serve immediately or, for an even better taste and texture, refrigerate for 1-2 days.
3. You may increase the batch size, but keep the ratio of oil and vinegar the same — 2-to-1. Store in an airtight container in the fridge for up to 3 months.