



## INSIDE THIS ISSUE

1. Dr. Weddle Solves a Mystery
2. No More Achy Breaky Back!  
Meditate Your Way to a Healthier You
3. Take Care of Your Joints  
Grilled Steak Salad With Peaches
4. Summer Fun Without the Burn

# Don't Get Burned!

## PROTECT YOUR SKIN WITH THESE SIMPLE TIPS

Summer is in full swing, which means the sun's rays are shining bright for most of the country. In fact, the average UV index, or the intensity of ultraviolet light, across the U.S. is 7 or above on a scale of 13. To put that into perspective, a UV index of 3 is strong enough to damage the skin.

However, just because the UV index is high doesn't mean you have to hide inside — you just need to practice a bit of safety when you're outdoors! To protect you and your family during the hottest months of the year, here are three ways to keep your skin sunburn-free.

### Use sunscreen whenever you're outside — even when it's cloudy.

Many think sunscreen is only necessary at the beach or near a pool. However, the sun's harmful rays will always reach your skin, no matter what you're doing outside. Also, remember that while

clouds may look like they're blocking the sun, UV rays easily penetrate them and water like an ocean, lake, or pool. That's why sunscreen is essential whenever you're outside, even for just 20 minutes on a cloudy day.

Choose a broad-spectrum sunblock that is at least 30 SPF and protects against both UVA and UVB radiation. Reapply every two hours, and if you're swimming or playing in the water, reapply every hour!

### Choose your outside time wisely.

The sun's rays are strongest between 10 a.m. and 4 p.m., so your skin is much more susceptible to damage during this period. If you can, save outdoor tasks (like yardwork) for early morning or late afternoon. If you are planning to spend some time outside within this time frame, it's best to do so in the shade.



You can also use the shadow rule: If your shadow is shorter than you are, the sun's rays are strong enough to damage your skin, so it's time to find shade.

### Pick the right outfits.

If possible, choose darker-colored, long-sleeved shirts and pants made with tightly woven fabrics like canvas or synthetic materials such as nylon. Then, protect your face, neck, and ears with a wide-brimmed hat and cover your eyes with 99% to 100% UV-absorbent sunglasses. These types of clothing and accessories block more of the sun's rays from ever reaching your skin and minimize your risk of a severe sunburn.

# 4 WAYS TO FIX MOUTH BREATHING



A few months ago, I walked right into a mystery. I was treating young twins. They both needed the same dental work and were both excellent patients who complied with all of my directions throughout their individual treatments. Yet, I discovered that their jaws had grown differently! Twin A had a healthy, fast-growing jaw, while Twin B's jaw development lagged behind.

### A Dental Mystery — Solved!

What on Earth was going on? It took a few tests for me to figure out the problem, but then, it clicked. Twin A was great at breathing through their nose, and Twin B was a mouth breather! That bad habit had stunted their jaw growth, which could cause a bunch of other problems in the future, too.

I quickly adjusted my treatment for Twin B and worked with their parents to get them both on track for healthy growth. Their case is a great reminder of how important it is that we all breathe through our noses instead of our mouths — especially as children.

### The Problem With Mouth Breathing

Mouth breathing doesn't just negatively affect the growth of our kids. It can also change the shape of their faces! A mouth breather is more likely to have unusual features like a long face, a large nose; thin, collapsed lips (imagine grandma without her dentures); and a sunken face with a prominent chin and deep lines around the nose and mouth.

The sooner you spot that your child could be breathing through their mouth, the faster you can teach them nasal breathing instead. Since you're reading this newsletter, odds are my team and I have already made sure your kids are on the right track. But you might know other parents of 1-, 2-, or 3-year-olds who live far away from Great Smiles or just haven't been as proactive as you are.

## Every Parent Should Use These Tricks!

If you do, please share the tips below with them! These seven things will help their child kick the mouth-breathing habit and set them up for successful development.

### 4 Ways to Fix Mouth Breathing

1. **Seek professional treatment for allergies.** The sooner you fix your child's stuffy nose, the better!
2. **Clean your child's nose regularly and use saline rinses as needed.** View Dr Weddle's nose-cleaning tips here.
3. **Be aware of your child's bedroom environment:**
  - **Clean your child's bedroom blinds weekly.** Removing dust will help them breathe easier.
  - **Wash your child's bedsheets weekly.** This removes more dust and other gunk like dead skin cells.
  - **Replace their bedroom carpet with hardwood, or shampoo their carpet seasonally.** Carpet can hold a lot of dust and dirt, so remove it if you can.
  - **Run a humidifier in your child's bedroom during the winter.** This will help reduce the pain of a dry nose and make nasal breathing easier.
4. **Turn to an "airway aware" dentist for help.** My team and I are airway professionals, but we're not the only ones in the country. If you know parents in other places who need help, direct them to the organization that I co-founded: ASAP Pathway! On ASAPPathway.com, they can use the "For Parents" tab dropdown to find a provider near them.



SCAN NOW!

The more we spread the word about the dangers of mouth breathing, the more kids we can help!

To your great smiles and better health,

# Leave Back Pain Behind

## Simple Stretches for Immediate Relief

If you've picked something up, fallen, slept, stood, walked, or done anything wrong and hurt your lower back before, you're not alone. According to the World Health Organization, "Low back pain [is] the single leading cause of disability in 160 countries" and affects roughly 1.71 billion people. Low back pain can be extremely frustrating to live with. Not only is it painful, but it can also be impossible to predict or avoid.

Luckily, a physical therapist can create a treatment plan that targets the lower back and works with your body to improve mobility and reduce pain over time. And while you should always follow the program your physical therapist provides, you can perform a few stretches at home to find some relief.

### Prone Press-Up

With this stretch, getting in the correct position is vital. It requires you to lie flat on your stomach, so if that is difficult

for you, place a pillow under your belly and use that as your starting position.

1. Lie on your stomach with your feet hip-distance apart and your hands pressed flat to the floor next to your chest, similar to a pushup position.
2. Using only your upper body, push down on your hands and lift your head and chest while keeping your shoulders pulled back.
3. Continue until your arms are nearly straight, with only a slight bend at the elbow.
4. Lower yourself back down and release the pose.

### Cat/Cow Pose Stretch

These two stretches work well together, so feel free to use them consecutively.

#### Cat Pose:

1. Start on your hands and knees with your hands slightly in front of your shoulders.



2. Press down on your hands and round your spine toward the ceiling. Allow your head to drop, forming a sideways "C" shape.
3. Hold this position for a few seconds before releasing and returning to the hands and knees position.

#### Cow Pose:

1. Start on your hands and knees with your hands slightly in front of your shoulders.
2. This time, push your back toward the ground, forming a "U" shape. Lift your chin and chest at the same time.
3. Hold this position for a few seconds before returning to your neutral hands and knees position.

# HEALTHY JOINTS MATTER

## Safeguard Your Movement for Years to Come

Our knees, wrists, elbows, shoulders, and hips are integral parts of our bodies — all joints connecting our bones. After years of pressure plus wear and tear on our joints, they risk wearing down and developing conditions such as osteoarthritis, a common degenerative joint disease seen in older adults. However, aging isn't the only thing that can adversely affect our joints. Sometimes, overuse of a particular joint can cause pain, discomfort, and eventually limited mobility.

Here are four tips to incorporate into your daily routine to keep your joints healthy, lubricated, and mobile.

### Sit up straight.

Did you know your posture plays a significant role in the health of your joints, even your knees? Standing and sitting up straight helps reduce unnecessary pressure on any part of your body and protects your back, hips, knees, shoulders, and neck. It also helps to prevent injury to the surrounding muscles.

### Maintain a healthy weight.

If you allow your body to become overweight, you inevitably slow down and move less. The extra weight also places more strain and pressure on

your joints, mainly your knees, ankles, and hips, increasing your risk of joint damage and complications.

### Get moving.

Staying active and building strong muscles and bones provides the stability and support your joints need to thrive. Dynamic stretching and low-impact exercises strengthen your joints and keep them in optimal shape. Remember, the more you move, the easier it becomes.

### Practice safety first.

When performing activities that may place more demand on your joints, rely on padding and protection. For example, wear knee and wrist pads if you go roller skating or ice skating! If your wrist is sore or injured, a brace will protect it and provide the support it needs to heal. Even if you're gardening outside and kneeling often, be sure to kneel on a soft pad or area to safeguard your knees. Protection is always key!

Maintaining a safe and active lifestyle is the key to keeping your joints healthy for years to come. Take care of your joints now so they can care for you — no matter your age!



## Quiet Your Mind, Improve Your Health

### WHY MEDITATION IS A MUST FOR OLDER ADULTS

Meditation has been practiced for thousands of years and offers many benefits. The best part is that it's accessible to anyone; you don't need special equipment or a membership to practice, just your mind and body!

While meditation is great for everyone, meditation can be particularly powerful for older adults due to its emotional and cognitive perks. Here are some key benefits you can expect.

#### Less Anxiety

For some, anxiety can be a response to a specific life event, such as a health scare or losing a loved one. For others, anxiety can appear later in life for no apparent reason. Regardless of why it starts, anxiety is both uncomfortable and harmful to your health.



Anxiety often involves worrying about the future, and meditation helps alleviate it by pushing you to focus only on how your body feels at that precise moment. Focusing only on the now is an excellent way to help combat those intrusive "what if" and "when" thoughts.

#### Reduced Chronic Pain

It's not uncommon for people to experience pain as they age. And while meditation can't treat the cause of the pain, it can help reduce the amount of pain you feel. According to a study from The Journal of the American Osteopathic Association, 89% of participants reported that meditation helped them cope with their chronic pain, drastically reducing their overall pain levels.

#### Better Memory

It's normal for older adults to experience some lapse in

memory as they age, but it doesn't make the experience any less stressful or frightening.

Meditation helps to boost memory as it increases blood flow to areas of the brain in charge of attention and executive function. By giving these areas of the brain more "power" through increased blood supply, they can work more efficiently to help you retain and recall information.

If you don't know how to start, close your eyes and focus on counting your inhalations 10 times before restarting. You can set a timer or continue as long as you feel comfortable. You can also find several guided meditation apps if you need a bit more help. It only takes a few minutes to complete a meditation exercise and begin reaping its incredible health benefits!

TAKE A  
BREAK!



## Grilled Steak Salad With Peaches

Inspired by Delish.com



### INGREDIENTS

- 1 lb skirt steak, fat trimmed
- 1/4 cup balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp light brown sugar
- 1 tbsp vegetable oil
- Kosher salt
- Black pepper
- 1/4 cup extra-virgin olive oil
- 1 large lemon, juiced
- 6 cups baby arugula
- 2 ripe peaches, thinly sliced
- 1/3 cup crumbled blue cheese or feta

### DIRECTIONS

1. In a large resealable plastic bag or baking dish, combine steak, vinegar, garlic, and brown sugar. Marinate 20 minutes at room temperature.
2. Remove steak from marinade, coat with vegetable oil, and season generously with salt and pepper.
3. On a grill or pan set to high heat, cook steak until desired doneness. Rest 5-10 minutes, then thinly slice against the grain.
4. In a small bowl, whisk olive oil and lemon juice to make dressing. Season with salt and pepper.
5. In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss.