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STRAIGHT TEETH, NO METAL BRACES NECESSARY

Invisalign is the perfect way for patients of all ages to achieve the smile they've always wanted. Because Invisalign uses clear aligners rather than traditional braces, you won't have to deal with broken brackets or long adjustment appointments. Invisalign is discrete, easy, and effective. Both of our dentists perform free consultations for adults as well as teenagers. Call today to schedule your consultation and find out if Invisalign is right for you.

**MEET SHADOW:
THE AMAZING HANG-GLIDING SERVICE DOG**

For his entire life, Utah resident Dan McManus has suffered from several mental health issues, including generalized anxiety disorder, bipolar disorder, night terrors, and severe panic attacks. Over the years, he's utilized numerous coping mechanisms to stave off the symptoms, but there are two things that calm him more than anything else: hang gliding across the Utah skies and the companionship of his service animal, an Australian cattle dog named Shadow.

Over the course of 37 years, McManus went from being a hang-gliding hobbyist to an expert instructor in Salt Lake City, going out gliding as often as possible. But it seemed that his passion gave his pup a bit of anxiety of his own. Whenever McManus would take off, Shadow always wanted to chase him. "So I would be out here flying, and he would chase me and jump up at me and sometimes get my foot and hang on a little bit ... It felt like he wanted to keep me safe," he says. And when he left the dog at home, he'd often come home to a scratched-up floor and doors. It seemed that Shadow couldn't bear to be away from his owner. So, about 12 years ago, McManus had a special harness made for Shadow, enabling the pup to join

him while he took to the skies. They've been side-by-side on nearly every flight since.

Some pet owners might balk at the idea of taking a dog on a hang glider, but it's clear that, in this case, Shadow definitely *wants* to fly. Whenever they go out, Shadow wraps his paws around McManus' arm, remaining stoic as they survey the landscape together from high above.

While we all struggle with our own obstacles in life, it's nice to know that our canine pals will always be there to offer their furry support. As McManus and Shadow demonstrate, it's a bond that remains strong even hundreds of feet above the ground.

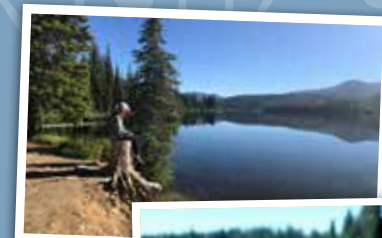


August 2018

**A TRADITION WORTH CHERISHING
OUR YEARLY TRIP TO MCCALL**

MOST FAMILIES HAVE TO DECIDE HOW THEY WILL SPEND THE FOURTH OF JULY EVERY YEAR. But that's not us. My wife's family has a cabin in McCall, and getting everyone together for Independence Day is a tried-and-true tradition that isn't going anywhere. As such, we don't mess with it. In fact, it's something we look forward to every year, and this trip may have been the most fun yet.

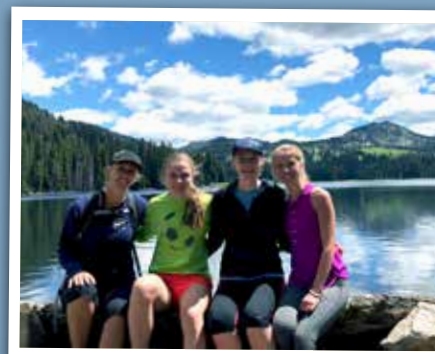
kids experience a tumble, the water is the best setting for it. Taking a spill may cause a sting and some redness, but we're thankful nobody's ever been seriously injured.



In addition to having some fun on the boat, we always enjoy taking a family hike during these vacations. This year, we got everyone together and made the trek to Louie Lake. It was amazing and a great way to spend time as a family without the usual distractions of work, school, and cell phones. I find it inspiring to take in the sights and experience the wonder of nature with those closest to me. In the course of our daily lives, we can forget how lucky we are to live in one of the most abundantly beautiful areas in the country. Taking the time to step away from our regular routines to take in the landscape reinvigorates me and makes me more aware of my surroundings. In short, it recharges my batteries.

We even had a few of Idaho's native fauna join us for the week. When we woke in the morning, we found deer roaming around the area, as well as a bunny rabbit that captured the hearts of all the little ones. They ran out in search of the rabbit, leaving carrots in hopes to entice them to hang out and bring their friends.

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Since the girls are getting older, everyone is now at the age when they are excited to get behind the boat and do a little wakeboarding and wakesurfing. As their ambitions to ride bigger waves grow, so do the splashes that result from their wrecks. A parent never wants to see their child get injured, but I have to admit that as soon as I see one of my kids bounce back up with a smile on their face, I can't help but laugh. I guess if you're going to watch your



3 WAYS TO MENTALLY PREPARE YOUR KIDS FOR THE SCHOOL YEAR

OUTLINE A HOMEWORK SCHEDULE. Resuming a homework regimen can be a difficult transition for some kids. Late summer, when they don't have assignments to worry about yet, can be a great opportunity to help them prepare a study schedule. Ask the following questions to help them get started: "Do you want to dive right into homework when you get home? Do you need to accommodate for a sport or extracurricular activity? Do you work best when doing your assignments in one large chunk, or would you prefer taking breaks in between assignments?"

Your kids may find that last year's schedule doesn't work for them this year. Emphasize that this is okay; part of growing up is learning how and when you work most effectively. Don't be afraid to help them switch things up as the school year progresses.

ASK YOUR KIDS HOW THEY FEEL. Maybe your kids are excited about the school year. Maybe they are anxious, or perhaps they're just disappointed to see summer vacation come to an end. Starting a dialogue about the aspects of school your kids are looking forward to and those they're dreading can help you dispel myths and identify problem areas. More than anything else, this can help your kids feel at ease about the coming year.

It may not feel like it yet, but summer is coming to a close, and summer break is ending along with it. Soon, the kids will be back to early-morning breakfasts before the school bus arrives and late-night study sessions. Thankfully, there are some steps your family can take during these closing weeks of summer to ensure your kids hit the ground running this school year.

SET AN EARLY BEDTIME. For many kids, summer schedules are flexible. They may have become accustomed to sleeping in and staying up late without any obligations. Getting back into the rhythm of the school year can take some getting used to. In fact, according to psychologist Cherie Valeithian, it can take upward of two weeks to properly adjust to a new sleep-wake cycle. So why not give your kids a head start and ensure they begin the school year bright-eyed and bushy-tailed?

COMMON HEALTH RISKS DAILY ACTIVITIES THAT CAUSE HEALTH PROBLEMS

Even if you make a point to exercise every day and watch your diet, you can still face health risks you may not be aware of. Common daily activities can cause more harm than you'd think.

SKINNY JEANS

Though stylish, skinny jeans can create more problems than they're worth. They can cause muscle damage and blood restriction when worn regularly for long periods of time. In fact, wearing any tightly fitted article of clothing frequently can lead to the same effects. To avoid these issues, don't wear tight clothes for long periods of time and refrain from exercising in them.

LARGE HANDBAGS

Large handbags allow you to carry many items at once, but they can also pose a hazard to your health. According to Dr. Sabrina Strickland, an orthopedic surgeon at the Hospital for Special Surgery in New York, your body counters the weight of a heavy bag hanging from your shoulder by lifting your shoulder or leaning to the side, which curves

your spine. This can cause muscle pain in the shoulders, neck, and back, along with joint strain. Decreasing the size of the bag you're carrying and the weight of your items are great ways to counter this.



SITTING IS THE NEW SMOKING

This has been a common new health statement to come out of many medical centers. Sitting daily for long periods of time has been proven to increase health risks, like cardiovascular disease. One of the best methods to counter the effects of sitting is to take regular breaks. Every 30 minutes spent sitting should be coupled with five minutes of physical activity, such as a brisk walk. Even taking a few minutes to stand and stretch is better than sitting still for hours on end.

Don't let these everyday activities stress your body out too much. Finding that perfect balance can be tough, but the results will pay for themselves!

SEAL OF APPROVAL

DO 4 OUT OF 5 DENTISTS REALLY RECOMMEND CHEWING GUM?

We've all seen the commercials: An attractive spokesperson holds up a pack of gum and happily boasts, "4 out of 5 dentists recommend our brand!" This is surely bogus, right? Everyone knows sugar is bad for your teeth, so why would dentists ever recommend chewing gum? It may be because that particular gum doesn't actually contain any sugar.

Candies like caramels and lollipops are public enemy No. 1 when it comes to tooth health, but many types of chewing gum contain non-cavity-causing sweeteners like aspartame, sorbitol, or mannitol. Because of the absence of sugar, chewing gum can be surprisingly good for your teeth.

The act of chewing increases your mouth's flow of saliva. This may sound a little gross, but saliva helps break down the food you eat, neutralizing the enamel-destroying acid produced by bacteria in plaque. When you chew gum after meals, you actively help combat harmful oral bacteria. Clinical studies have found that chewing sugarless gum for 20 minutes after a

meal can help prevent tooth decay. Other studies suggest that gum may also help remineralize teeth, reduce decay and plaque, and prevent or even reverse gingivitis.

How do you know if you are buying sugary candy or cavity-fighting super gum? Check the label for the American Dental Association (ADA) Seal of Acceptance. The ADA Seal is awarded to companies or products that are able to produce "scientific evidence that demonstrates the safety and efficacy of its product, which the ADA Council on Scientific Affairs carefully evaluates according to objective requirements." Basically, if companies can prove their product helps your teeth in some way, their product may earn a seal of approval.



Chewing gum cannot replace regular brushing and flossing, but it can help protect your teeth between brushings. If you want to see if your favorite gum is helping you prevent cavities, check out the full list of sugarless gums that have been awarded the ADA Seal at MouthHealthy.org/en/ada-seal-products.

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This year, we added an event to our annual gathering that I hope will become a regular occurrence: a cornhole tournament. We set up three sets of boards, paired off into teams, and started competing. It was an absolute blast, but I definitely have to sharpen my skills before next year. So, if you happen to see me tossing bean bags around the office, you'll know why. You can bet that when the 2019 tournament rolls around, I'll be ready. I'm sure whoever ends up being my teammate will appreciate it, as I was closer to deadweight than MVP this year.

Of course, we also do the typical Fourth of July stuff – watch the fireworks, roast some s'mores, etc. Most of all, though, I cherish these trips as a way to spend a special time of the year with people I love. Taking in the American landscape while celebrating our nation's forefathers will never get old. I hope the tradition continues for many generations to come.

-Dr. Brown

PARMESAN ROASTED CAULIFLOWER



Cauliflower doesn't have to be boring! With a little Parmesan cheese and some seasoning, it can pack a punch of flavor that will please even your most vegetable-averse family members.

INGREDIENTS

- 1 head cauliflower
- 1 medium yellow onion, sliced
- 4 sprigs thyme
- 4 garlic cloves, unpeeled
- 3 tablespoons olive oil
- 1/2 cup finely grated Parmesan cheese, ideally Parmigiano-Reggiano
- Salt and pepper, to taste

INSTRUCTIONS

1. Heat oven to 425 F.
2. Cut cauliflower into florets. On a large baking sheet, toss cauliflower with onions, thyme, garlic, and olive oil. Season with salt and pepper.
3. Roast for 35-40 minutes, tossing occasionally.
4. Sprinkle with Parmesan cheese and finish roasting, about 10 minutes longer.
5. Serve while hot.