

# Healthy Bites

Your Newsletter from

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Summer 2009

# Healthy Bites

*A little newsletter with  
Expert Advice on Health, Wealth & Happiness*

## “Recession-Induced Frugality Hits a Nerve for Local Family”

Eighteen months ago when Jennifer and Mark moved here from half way across the continent, finding a new dentist was among the very last things on their minds. They had a long list of seemingly more pressing needs to attend to.

When Mark tells the story of their past couple years, he describes the emotional and family ties they hesitated to break by moving such a distance. But they had three small children and two years ago, *before* the country realized (admitted) we were well on our way into the deepest recession of our lifetimes, they were already having a tough time financially making ends meet.

They moved when the insurance company

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## “Job Tips for New College Grads”

*by Ron Caruthers, CFS*

Congratulations, you have a college degree, now what? If you are not planning graduate school then it’s time to put that newly acquired degree to work and begin getting paid, sounds easy right? Maybe, maybe not...

Many young men and women each year graduate college with the aspiration of obtaining a good paying job that will lead to financial security and a financially stable future. If they have done their “homework” and prepared for this next step it can be a relatively painless transition, but for those that have not, it can be a rather rude awakening.

To begin with, you do not have to hit a home run with your first job offer, you many need to accept a “survival” job just to get the bills paid and keep the lights on. Be sure not to get too

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Courtesy of **Dr. Declan J. Devereux & Associates**



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Mark worked for offered him a substantial increase in salary to relocate. Jennifer had just received her elementary education teaching credentials and planned on finding a position after their move.

Last fall, almost a year after their move, Jennifer did in fact find a position and begin her teaching career. Sadly, this past winter, Mark joined the ranks of the unemployed when the recession (and some really bad corporate decisions) got the best of the insurance company he was working for, and he and over 1300 of his brothers were laid off indefinitely.

### **A Chipped Tooth and Subsequently Stressful News for Jennifer and Mark**

Both Jennifer and Mark had been quite conscientious about visiting their dentist back home, before their move. Routine visits for checkup and cleanings were the norm for their young family of five.

Initially not a conscious decision to delay care, as much as trying to manage the logistics of day to day for the family. Then the loss of Mark's income (the major source of the family's financial security) changed everything.

Jennifer awakened one morning to find her tongue immediately drawn to a tooth with a very sharp edge. She knew she tended to clench at night and figured she must have chipped it during her sleep. I've treated her next door neighbor's family for years and they were kind enough to recommend that Jennifer come in to see us.

The good news was that the chip was small and hadn't broken through the enamel into the inner "dentin." I was able to smooth and repolish her tooth on short order.

Unfortunately what I saw in her adjacent tooth wasn't good news at all. With magnification, I could see a small opening between the remaining enamel and an old mercury-silver filling in her adjacent tooth. Though she'd never felt

But things had been different after relocating.

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*Summer's finally here. Time to...*

## **"SPRING INTO ACTION"**

*Celebrate the new season with  
the bright, beautiful smile  
you've always wanted.*

**\$395 Sale on**

**Zoom® Whitening**

Normally \$680

SAVE almost \$300

**Offer ends August 31, 2009**

*Not to be combined with any other offer*

## **"Recession-Induced Frugality Hits a Nerve for Local Family"**

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any symptoms at all, I recommended that after thorough examination, she address this tooth as soon as possible.

### **False Sense of Savings Obliterated by a One Tooth Without as Much as a Single Symptom**

Jennifer said that the loss of Mark's job was their main reason for having delayed finding a new dentist. Fact was they were just "trying to save money during tough times."

After removing the old broken down filling I discovered decay, the bacteria from a new festering cavity below the old filling, had eaten away down through and into the nerve.

Jennifer's tooth required endodontic treatment (root canal therapy), reinforcement of the sub-

sequently hollowed out inside of the tooth, and finally a crown (cap), rendering the outer strength required to survive the coming years.

More often than not patients are (unpleasantly) surprised by the number and *extent* of dental problems that "sneak up" on them without a single symptom or early warning sign.

Life would be so much simpler if the majority of dental problems would "announce" themselves early on! When it's easy, painless, and relatively inexpensive to correct. Unfortunately the reality is just the opposite. Most tooth and gum problems quietly progress, without as much as a single symptom or obvious sign, until significant irreversible damage has been done. With respect to your dental health, the old adage is literally worth its weight in gold...

"An Ounce of Prevention..."

## **"DREAM DOLLAR\$"**

*Dreaming of a brighter smile?*

**"\$100 OFF  
ANY SERVICE"**

*Special Offer Expires  
August 31, 2009*

*Excludes Products  
May not be used for treatment that has already been started.  
Not to be combined with any other offer*

## “Job Tips for New College Grads”

*(Continued from page 1)*

comfortable and stay too long. One day, 2-5 years later, you might wake up and realize that the job that you are in was only supposed to be temporary.

So where exactly are you to begin your career search? If you hadn't done it already, network with the officials at your college and, if need be, rather than settling for a position that might not even be in your field of interest, look into a short term contract job that lets you remain in your field while you build your resume with relevant experience. While there, you can continue to network with others in your field.

Networking with friends, colleagues, family, former classmates, etc. can make the whole job search process a whole lot easier so don't overlook those avenues.

Check out companies like Monster.com, Jobgiant.com, CollegeGrad.com, eRecruiting.com, jobsearch.About.com, and CollegeRecruiter.com just to name a few. All can be of help with the job search, and with things like your resume and cover letter.

Remember, a college degree does not guarantee you anything, you still need to put together a well-polished resume, brush up on your interview skills, dress correctly for interviews, and have the appropriate attire available for the job in the event that you actually do get hired. You only get one chance at a first impression so don't blow it.

Since you've been out of the job hunt market for a while, let me remind you a few tidbits:

- Get rid of the quirky Email address for at least the purpose of your resume.

- Have a story. At some point you are going to be asked to tell the employer something about yourself. Be unique, be yourself, don't overdo it, and for goodness sake don't put them to sleep.

- Do not answer the phone when you are not ready to take the call. Answering the call from a potential employer while you are going through the checkout line is just never a good thing and voicemail would be appropriate, which leads me to...

*“Remember, a college degree does not guarantee you anything. You still need to put together a well-polished resume, brush up on your interview skills, and dress correctly for interviews.”*

- Polish up the old outgoing message on your voicemail. It may have been funny while in college, but having Snoop Dog cursing a rap tune on your outgoing message is usually a turn off for a professional company.

- Know what you want and what you are capable of and while you're at it, do some research and know what your worth is in the job market so you do not get underbid on salary expectations.

If done correctly, going from college into the workforce can be an easy transition. Preparedness is the key to success. Even in this economy people get hired every day. Your determination may be tested and you may hear a lot of “no” before you hear a “yes”, but in the end, you will be a better person because of the experience, Good luck to you and happy job hunting.

*Ron Caruthers is the nation's leading expert on all things related to paying for college and college planning. You can download tons of free information by visiting his website [www.CollegePlanningInc.com](http://www.CollegePlanningInc.com) where you can also access the link to Ron's weekly radio show humbly titled “The Ron Caruthers Show.”*

*“A fellow can't keep people from having a bad opinion of him, but he can keep them from being right about it.”*

— Author Unknown

## From the Office

Here is your Summer issue of our Newsletter, we hope you enjoy it. “How is your dental office doing in this economy?” This is a question we hear all the time and we are happy to say that over the last few months we are doing great. We don't say this to brag but to let you all know how grateful we are to have such wonderful patients who understand the value of a healthy mouth.

On a separate note I was speaking with one of our patients the other day and she asked me what is a good gift for father's day. I said anything that would give dad less work to do and more time to be with his family and friends. After she left I got an idea to help you with a gift I know all the dads would like for Father's day AND to save you some money too.

You've probably heard of Capone's Auto Detailing (they won The Honolulu Advertiser Best of the Best for auto detailing). Well the owner and his family are patients of ours so when I called him to ask a favor he said absolutely. So if you would like to give a great gift for Father's day just call Capone's @ 593-7784 and tell them you're a patient of Dr. D's and they will give you a one time savings of 20% off auto detailing for a great Father's day gift that is sure to please.

Lastly we were recently selected by Boston University to host a dental student for a Summer internship in their

APEX program. This is an honor for us and we are really excited to have Peter Lee, a Punahou graduate and current dental student at BU, with us for the next couple months. I can already tell that Peter is going to make a great dentist and who knows may join our practice someday!

On a personal note, my daughter Tia (5 years old) graduated from kindergarten @ Star of the Sea last week. The funny part was that each child had to go to the microphone and say their name along with what they want to be “when they grow up”. There were 3 kids in the class that want to be dentists BUT not Tia. She said “My name is Tia Deve-reux and when I grow up I want to be a....SINGER!” Oh well, I guess I shouldn't be too surprised when I was a kid I wanted to be a race car driver when I grew up so we'll just have to wait and see.

If you have taken the time to read all the way to here you are in for a special surprise! Just pick up the phone and call us @941-5555 and tell us you read the Tia story and we will give you a free movie ticket as our way of saying Thank You for reading our Newsletter. We have a big stack of movie tickets to give away but when they are gone they're gone... so call NOW.

*“A daughter is a gift of love.”*

— Author Unknown



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## “Horsing Around”

By Florence Markoff

If you say someone has plenty of horse sense you're paying him a compliment. At least you are if you're one of the millions of people who hold horses in high regard.

The expression began in the American West — where horses were important and well liked -- and describes someone who's down to earth, with plenty of common sense.

But what about those people who maintain that horses aren't particularly bright? Ah, now, THEIR opinion is a horse of a different color.

They'll remind you that horses are so stubborn you can lead a horse to water but you can't make it drink. And point out that left to their own devices, all the big animals want to do is horse around.

One thing everyone agrees with, though, is that information straight from the horse's mouth is bound to be true.

The expression comes from the fact that the best way to determine a horse's age is by looking at its teeth. So no matter how old a horse trader said the animal was, examining its teeth would let you know if the trader was trying to fool you.

On the other hand, if someone were kind enough to give you a horse it would be rude to try to determine its age by looking a gift horse in the mouth.

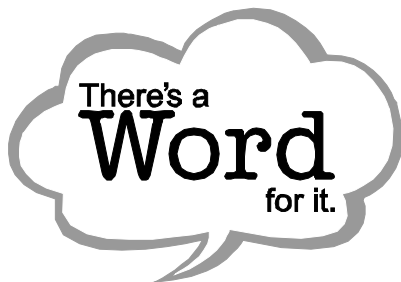
Most people would also agree that when someone gets on his high horse he's behaving in an arrogant manner. The phrase goes back to a time when high ranking officers were mounted on tall horses — making it easy for them to look down on common soldiers.

And if someone who behaves like that gets your goat, you're also talking about horses.

Horse trainers learned that thoroughbred horses liked company and were more relaxed if a goat shared their stall. Indeed, they could become quite fond of their goats and upset if a favorite goat disappeared.

Knowing this, gamblers would sometimes steal a horse's stall-mate before a big race, hoping that if they could get its goat the horse would be too upset to run well.

*Word lover, writer and radio personality  
Florence Markoff lives in Providence, RI.*



## “Are You Getting Burned by Your Sunscreen?”

*Many products don't protect against UVA rays, which can cause skin cancer*

Sunburns are not only painful, they can lead to skin cancer, the most prevalent form of cancer in the United States.

But, new research has led some to question the effectiveness of many sunscreens.

A recent study by the Environmental Working Group found that one in every eight name-brand sunscreens did not protect against ultraviolet A rays. These UVA rays have traditionally been linked to tanning, but doctors now know they can cause long-term damage and skin cancer. The SPF -- or sun protection factor -- rating currently placed on all sunscreens only reflects the lotion's effectiveness in blocking ultraviolet B rays.

As a result of such research, the U.S. Food and Drug Administration is in the process of approving a new regulation that would set standards for testing and labeling sunscreens for UVA protection as well as for UVB.

### Two types of UV light

Sunlight is composed of the visible light that we can see, and ultraviolet (UV) light that we can not. There are two types of UV light -- UVA and UVB. While UVA rays are responsible for tanning and UVB for sunburn, both can damage the skin and increase the risk of skin cancer.

Experts recommend a multiple approach to protecting yourself against harmful rays.

“The American Cancer Society has a slogan -- “Slip, Slop, Slap” -- “Slip on a shirt, slop on

some sunscreen, and slap on a hat.”

But Kristan Markey, a research analyst with the Environmental Working Group, a nonprofit organization that works to protect public health and the environment, said the effectiveness of sunscreens isn't as strong as one might think.



“We found that most sunscreens are not effective in filtering out ultraviolet radiation or have problems with toxic hazards,” Markey said.

Not only do many sunscreens fail to protect against UV radiation, but they also break down over normal usage and develop toxic components, the group's study found.

### Some claims don't stand up

Markey noted that sunscreen makers also make claims that can't stand up to the light of day. For example, even sunscreens that boast “all-day protection” must be regularly reapplied to avoid skin damage, he said.

“You can't say ‘all-day protection,’ because the recommendation is you have to reapply every two hours,” Markey said. “It's still very much the wild west in the industry.”

The FDA's recommended new rules for sunscreens would assign a star rating system -- from one to four stars -- to gauge the lotions' effectiveness in blocking UVA rays. Ratings for UVA would be based on two tests, one to measure the sunscreen's ability to reduce the amount of UVA radiation passing through it, and a second to measure the product's ability to prevent tanning and potential long-term skin damage.

*“The rung of a ladder was never meant to rest upon,  
but only to hold a man's foot long enough to enable him to  
put the other somewhat higher.”*

— Thomas Henry Huxley