



The High Point P^{oo}k



HPC strives to guide, educate, encourage, and support their clients

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Beyond the Prescription & Straight from the Director's Pen



Even "Santa Clause" aka the good doctor sees his dentist

This month we are putting our money where our mouths are—we are devoting our entire newsletter to the subject of dental. People don't usually think of the importance of their own health when it relates to their mouths.

National Dentists' Day is observed every year on March 6. This is a day used to celebrate oral health and spread awareness of dental problems. I grew up with my own father as a local dentist in the Tri Cities, so you would think that when it came to oral health, I was top notch, king of the hill, the girl with the perfect smile; however, I still managed to have an occasional dreaded cavity that required filling.

Good oral and dental hygiene are imperative for good overall health. Taking care of your mouth, teeth, and gums just because of the part they play in your physical appearance is a worthy goal in and of itself. Did you realize that good oral and dental hygiene can help prevent bad breath, tooth decay, gum disease, and help keep your heart healthy? Researchers are also discovering new reasons to brush those pearly whites and floss those teeth. According to the Academy of General Dentistry, more than 90% of all systemic diseases (a disease or illness that affects the entire body eg. High blood pressure or the flu) produce oral signs and symptoms. An unhealthy mouth, especially if you have gum disease, may increase your risk of serious health problems such as heart attack, stroke, poorly controlled diabetes and preterm labor.

Early detection is the key to treating any health issue, whether it's oral or in other parts of your body, because success rates are generally better when the disease is still small, and doctors can treat it in its earliest stages. Regular visits to your dentist are crucial in maintaining your oral health and could save you time, money, and quality of living later in life.

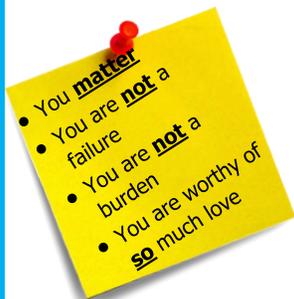
Through this issue we hope that you will be able to learn about the importance of dental health as it relates to our bodies, our immune systems, and our hearts and resolve to practice good oral hygiene every day and to visit a dentist as an investment in your overall health.

— By Rene' (Director) & Vance Shaw (MD, FASAM Board Certified by the American Board of Addiction Medicine)

Counselor's Corner

What are the messages of shame that keep you down? Shame is connected directly to low self-esteem and these shame messages are not helpful or true. Dr. Brene Brown states that the first step in increasing your self-esteem and resilience to shame is becoming aware of the shame messages that keep you down. To help identify your shame messages, try listening to your self-talk. How do you hear yourself finishing this sentence?... "I am not _____ enough." Some of the ways people finish this sentence is I am not... good enough, pretty enough, or successful enough. Listening to your self-talk is courageous because these shame messages often discourage us and make us feel unworthy of love. After you have identified your shame messages, the second step is to offer yourself love and compassion. This type of love is unconditional and what you experience for your children or a beloved pet. The third step in increasing self-esteem and resilience to shame is to connect with people who have earned your trust. Self-esteem is something you can build and resilience is something that every person here at High Point has. So to review, the steps to building self-esteem and resilience are 1) identify shame messages, 2) offer yourself love and compassion, and 3) connect with those who have earned your trust. If you feel really motivated to increase your self-esteem you can try listing three things you like about yourself each day. Also, you can schedule a counseling appointment with your therapist. Ask the staff about scheduling a counseling appointment this week.

—Emily Hand



NAME THAT SMILE

Can you name the famous person just from looking at their smile? (Answers on back)

1)



2)



3)



4)



5)



6)



7)



8)



Confessions from the Dental Chair

I have to confess, I actually don't mind going to the dentist. I know, I know, that makes me a real weirdo, but I can't help it. Was I always this weird? Well, it depends on who you ask; my mother would say, "Yes, she was always weird, even as a little girl." I like to think that I've gotten less weird as I've gotten older and possibly wiser, but that's really not the point.



I didn't like dentists as I was growing up. My father had terrible teeth which literally fell out of his head and he lovingly passed that inheritable trait on to me. I had several fillings as a child and they were very painful. As I grew, I dreaded going to the dentist, but all that changed once I worked in a dental hygiene clinic and got to be friends with one of the dentists—Dr. Roberts.

Dr. Roberts was a little unconventional for a dentist, swore like a sailor (he knew words that even my cousin in the Marines had never heard of), was a violently antagonistic atheist, and served in the National Guard because he had been in the army and liked to shoot things, preferably human. However, he was a really good dentist. One day I mentioned I had a tooth that was bothering me. Before I knew what was happening, I was in a chair with my mouth propped open and Dr. Roberts was poking my teeth. End result was that I had an abscess and needed a root canal and a crown.

When all was said and done, Dr. Roberts looked at me and said, "So, that feels a lot better now doesn't it?" I could only answer truthfully, "No, the tooth still hurts." He explained to me that I was an idiot because a tooth that had a root canal done on it was basically dead so had no nerves and hence no feeling. I explained that I really didn't care what he said, my tooth, *that* tooth, still hurt. He again told me I was insane and promptly began to try and find some other explanation for my tooth pain, however, it always came back to that same tooth. Thus began a long and drawn out battle of Dr. Roberts against the weird lady's tooth that shouldn't hurt but did. Dr. Roberts was determined to win (spoiler alert—he lost) but no matter what he did, that tooth hurt as soon as he got the crown back on it.

Every time he worked on the tooth I had to have a Novocain shot right in the joint of my upper left jaw. It hurt so bad! About the sixth time I went in, when he gave me that shot, I broke into tears because of the pain. He swore, very colorfully too I might add, and told me not to be a cry baby. When I told him to stick a needle in his own mouth and then say that, he did. In fact, to prove that it shouldn't hurt and that I was just being a wimp, he gave himself two Novocain shots—one each in the upper joint on his left and his right side jaws. I will never forget that dental visit—he spent the whole time slobbering into his mask because his whole mouth was numb and couldn't talk properly for 4 hours! Lol Oh, and after it was over, he admitted that perhaps it was a "little" painful to get a shot.

Did that fix the tooth? No, it did not. As soon as that crown was back on my tooth, I had pain and misery. Dr. Roberts decided that no matter what happened, he would get to the "root" of the problem (oh, I am so punny!) and if I would let him work on the tooth as much as it took to finish it up, he'd do it at no charge just because he had to fix it for his own peace of mind. What girl says no to free dental work? Not this little gray duck, so before it was all over and done with I had had 19 root canals on the same tooth.

Did that fix the tooth? No, and to this day I don't wear a crown on that tooth because as soon as one gets put on I am in pain. However, Dr. Roberts did manage to make me lose my fear of going to the dentist's office.

—By Larae Thompson

Case Management Corner



Dental issues such as bad teeth, abscesses, and overall pain can affect your recovery. I personally know how detrimental it is to your health. I recently underwent a few dental procedures myself (you may have noticed I was out a few weeks) and got new pearly whites. I will admit, this was not an easy or comfortable process to go through. I had all my teeth surgically removed in two separate procedures by Dr. Zorawski. From x-rays, exams, surgery, impressions to many, many, many, many fittings, I finally feel comfortable with my smile. A lot of you have asked me questions about the procedures and how I feel now. Feel free to ask and I can walk you through the entire process (the making of dentures is actually pretty cool) Unfortunately most of you, like me, do not have dental insurance and most all dental procedures are pricey. As Case Manager, my job is to help you find resources for assistance programs, free clinics, and discounted services. A few that I have stumbled across in my journey are listed below for you to take advantage of, even if you just need a cleaning. I'm looking forward to my new self-confidence and I hope that I can be of some help to any of you that may need services.



—By Jessica Carey

SERVICES

Keystone Dental	603 Bert St., Johnson City	423-232-7979
ETSU Dental Hygiene Dept	104 Lamb St, Johnson City	423-439-4497
Healing Hands Health Center	210 Memorial Dr, Bristol	423-652-0260
Friends In Need Health Center	1105 W Stone Dr, Kingsport	423-246-0010

DID YOU KNOW...

- If you don't floss, you miss cleaning 35% of your tooth surfaces
- A tooth that has been knocked out will start to die in 15 mins, but if you put it in milk or hold it in your mouth, it will survive longer—see a dentist ASAP
- Adults have 32 teeth, children 20, Gollum from *The Lord of the Rings* has only 9, dogs 42, cats 30, pigs 44, mosquitos 47, and a

DID YOU KNOW cont'd...

- snail can have up to 25,000 teeth
- In 1900, the tooth fairy left an average of 12 cents per tooth. In 2018, she leaves \$5
- George Washington had several sets of dentures made out of ivory, not of wood as some books claim

1) The Rock 2) Mona Lisa 3) Julia Roberts 4) Will Smith 5) The Grinch 6) Gary Busey 7) Tyra Banks 8) Cap'n Jack Sparrow

