

## Inside This Issue

- p.1 Exciting News!
- p.2 Enjoy Spring Weather — Even From Work
- p.2 Situation of the Month
- p.3 Create a Keepsake for Good Luck Year Round
- p.3 Simple Bok Choy Chicken Soup
- p.4 Get Healthy While Spring-Cleaning!

# IT'S MORE THAN JUST TIDYING UP

## 4 HEALTH BENEFITS OF SPRING-CLEANING

Sunday, March 20, is the first day of spring — which means it's time for some spring-cleaning. Did you know that cleaning is not just about tidying up a physical space? It's also about improving overall well-being. Here's how organization and cleanliness can help you in more ways than you might expect.

### Spring-cleaning reduces stress and depression.

Tidiness and mental health are actually connected. Studies have found that having a clean home is directly correlated to happiness and your ability to focus. Anxiety can spike when laundry is piling up, items are strewn everywhere, and papers get scattered on various surfaces within the home. Clearing the clutter is a great way to boost your mood and increase those feel-good hormones.

### It prevents illnesses.

Doorknobs, refrigerator handles, light switches, countertops, and remote controls are all things we touch many times a day. Cleaning anything that's used often is one way to reduce the spread of germs. By keeping household surfaces clean, we help thwart the spread of viruses and illnesses.



### Spring-cleaning helps you breathe better.

Spring often brings pollen that triggers allergies for many. But pollen isn't the only thing to blame when people have difficulty breathing. When dust and pet dander build up in your home, your respiratory system is greatly affected too. Deep-cleaning your air filters and vents can make breathing effortless — and it's truly amazing how this can improve your well-being.

### It keeps you more active.

Off the couch and on your feet! Even just running the vacuum and clearing the clutter from the dining room table will get you up and moving, which is healthy for your heart and body.

This spring season, putting some elbow grease into your cleaning will benefit you in more ways than one. Trust me, you'll thank yourself later!

# GREAT NEWS!

## WE WILL BE SEEING EACH OTHER FACE-TO-FACE SOON AT THE PDTA CONFERENCE!

Happy Spring! I recently attended the Southeast Society of Pediatric Dental Conference in Atlanta, Georgia. Wow—the turnout was fantastic! I'd like to extend a great, big thank-you to everyone who stopped by to say hello at our PDTA booth. It was amazing to see everyone "mask-to-mask" and share in the excitement of some new products and strategies.

At the conference, I was introduced to a new innovative toothbrush that I'd like to share with you in the spirit of spring-cleaning. The Willo toothbrush is an automated toothbrush that brushes your teeth with just the push of a button. It comes along with a silicone mouthpiece, covered in nylon bristles that brush your teeth when the mouthpiece contracts. A water and liquid toothpaste flows through the mouthpiece that is then pumped out directly into the sink( or a bowl, bottle, cup) so there is no spitting required. The Willo is ideal for special needs patients with limited mobility, medical challenges or those with sensory disorders.

In the spirit of transparency, I don't have any affiliation with Willo, but only want to share this amazing product with you. If you are interested, Willo has provided me with a code to share with members. By using PDTA60, you will receive \$60 off. If you would like to purchase additional mouthpiece sizes, you can use PDTA20 to receive 20% off.

I encourage everyone to come to the 75th Annual AAPD Conference in May in San Diego. The PDTA has a booth and we look forward to seeing you there! I'm excited to go back to San Diego as that was where the meeting was held my presidential year in 2011–2012. At the SSPD recent conference, the hotel and staff were all very concerned about everyone's safety and health risks. They made sure everyone was following and conforming to safety protocols. The AAPD will be doing the

same! Come celebrate 75 years of the AAPD and visit us at our booth!

SAVE THE DATE! The upcoming 8th Annual PDTA Conference will be held in Atlanta, Georgia on October 7–8 this year. Registration is now OPEN and information can be found on our website: [www.ThePDTA.org](http://www.ThePDTA.org).

As a reminder, as members, you have one free registration (\$497 value) and you'll receive \$100 off for any additional registrations. The speaker lineup and topics discussed will provide information for every single member of your team, whether they are on the clinical or non-clinical side. We urge you to send every member of your team as it is a great learning and interactive experience! Attendees will also receive 16 hours of ADA Cerp CE Credits.

As a member, you have 24/7 access to over 120 different modules to help train your team. In a recent article from the ADA, current dental staffing issues were addressed, stating that there is no immediate solution. But, how wonderful for you that you have these resources available to you in these difficult staffing times.

Happy Spring! Can't wait to see you in 2022!!

*Rhea*

Rhea M. Haugseth, D.M.D.

ADA C-ERP® | Continuing Education Recognition Program



"Like our content? Use the provided articles in your company blog or Facebook posts!"

# SPRING FEVER

## ENJOY WARM WEATHER WHILE STUCK INDOORS

The weather is warming up, the sun is out — and you're trapped inside. Most of us have jobs that leave us stuck indoors during spring's prime midday hours, and it's easy to feel like you're missing out on the season's best parts.

Unfortunately, your boss probably won't give you the day off just because of the gorgeous weather. So, we've compiled the next best thing — some tips to enjoy the season as much as you can while also getting your job done.

**Bring the outdoors in.** When the weather is nice, open as many curtains and blinds as possible. The natural light will warm up the room and brighten your mood. While you're at it, try opening the windows and positioning yourself near one. If you can't be outside, the spring breeze on your face is the next best thing. Plants decrease stress, and having them on your desk might also trick your brain into feeling less cooped up.

**Take a break.** You've still got to work, but that doesn't mean you can't sneak in a few minutes outdoors. Use your break for an outdoor stroll; if possible, you can also walk or bike to work. At the very least, park farther away to give yourself time to enjoy the weather. Volunteer to do a coffee run, pick up lunch, or take out the mail — you'll be an office hero while catching some rays at the same time.

**Try working outside.** If your boss will allow it, there's probably some opportunity to do a bit of work outdoors. Meetings and conference calls might offer your best option. For in-person meetings, your coworkers will also likely relish a chance to take it outdoors. In the event of a conference call, you won't need to convince anyone else — grab your laptop and go! It's not the same as enjoying the weather while you're off the clock, but it's a lot better than being cooped up inside.

With any luck, these tips will help you make it to Friday with your sanity intact. And luckily, the weekend is always just around the corner.

# MAKE A 4-LEAF CLOVER KEEPSAKE



## BUT FIND THE ELUSIVE GOOD-LUCK CHARM FIRST

One of St. Patrick's Day's most popular symbols is a four-leaf clover. In Ireland, these clovers represent luck and good fortune. Each leaf on the clover has a different meaning — faith, hope, love, and success. It's a tradition to find a four-leaf clover on St. Patrick's Day and do activities involving this lucky leaf. So, how do you find these good-luck charms, and what can you do with them?

### How to Find a 4-Leaf Clover

Although it may seem difficult, it's easier than you might think. First, find a dense patch of white clover — near it is where four-leaf clovers reside. They are different from the rest and are often

smaller, so keep that in mind when you look for the lucky green clovers.

Instead of staring at the patch in close detail and counting leaves, search the patch without focusing on the tiny details. This increases the odds of eyeing a four-leaf clover because the different patterns, shapes, and sizes of these clovers will jump out at you. If you find one, keep looking! There's a chance another one might be nearby.

### Clover Craft

Once you find your clover, preserve the luck in it all year by placing it in a picture frame. First, gently press

the clover leaves between the pages of a large book for several days to flatten them out. After pressing, you can add green food coloring to your clover to enhance its color. Once it's dry, clean it and let it sit overnight. Then, place your clover onto acid-free paper, cut to fit the size of a picture frame of your choice. Next, use acid-free glue to keep your clover in place, and finally, seal your frame shut. You now have your personal good luck charm!

Searching for a four-leaf clover and creating a keepsake will be a great bonding experience for you and your family. We wish you luck! Happy St. Patrick's Day!

# SITUATION OF THE MONTH

Dear PDTA Pro,

Recently we have seen many of our patients with oral sensory and oral motor issues. Our entire team is empathetic with the parent or caretaker in the difficulties that they face in helping them to maintain optimal oral health. We recommend our usual ideas that help many patients. Is there anything that you can recommend to help?

*-Searching for Pro Advice*

Dear Searching for Pro Advice,

In the office, we know how difficult it can be to help these patients feel comfortable with having items in their mouths, let alone even get them into the dental chair! Commonly, the response to helping children and patients with oral

sensory issues or those who may be on the spectrum is to introduce a toothbrush with a bigger handle or the use of a mouth prop to keep the patient's mouth open so the parent or caretaker can easily access all areas of their mouth. There are also toothbrushes on the market with small silicone bristles to help the child to slowly grow accustomed to brushing.

However, there is a new automated toothbrush on the market with great potential to help with this predicament! (See cover article). The Willo toothbrush introduces automation and consistency in the brushing routine. It contains a mouthpiece with silicone bristles that brush as the mouthpiece contracts. The best part is that the child doesn't have to rinse or spit—the Willo does it for them! Many patients with sensory disorders are able to use this device successfully and actually handle it themselves!

*-Pediatric Pro*

# HAVE A LAUGH



## SIMPLE BOK CHOY CHICKEN SOUP

Is the chill of winter lingering? A hot bowl of this Asian-inspired soup will warm you right up! Our recipe makes 4-5 servings.

### INGREDIENTS

- 3 cups chicken broth
- 1 tsp red pepper flakes
- 2 tsp soy sauce
- 2 tsp sesame oil
- 1 garlic clove, chopped
- 10 leaves bok choy, thinly sliced
- 2 cups shredded rotisserie chicken

### DIRECTIONS

1. In a medium saucepan, bring chicken broth to a boil.
1. Stir in red pepper flakes, soy sauce, sesame oil, and garlic.
1. Add bok choy leaves and rotisserie chicken. Simmer for 10 minutes or until the bok choy is dark green and tender.
1. Enjoy with slices of your favorite whole-wheat bread!

Inspired by TheSpruceEats.com