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HOW TO FIND SUCCESS IN A MONTH OF EXCESS

May's Food-Related Holidays Are a Thing of Beauty

Set the diets aside and poke another notch or two in your belt because May isn't pulling any punches when it comes to sweet and savory holiday regrets. From National Hoagie Day and National Pizza Party Day to the holidays that really spell it out for you like International No Diet Day and National Eat What You Want Day, we're all looking forward to an excuse to let our stomachs hang low this month. For those of you who plan on partaking, let's take a look at the best junk food-related holidays this month and how to celebrate them!

NATIONAL APPLE PIE DAY | MONDAY, MAY 13

Gather your friends and family around the table and dust off Grandma's old recipes, because it's time to treat yourself to the most American thing since, well, itself. National Apple Pie Day is a great opportunity to spend quality time with your loved ones while baking the most traditional American dessert. Make the process a game by pairing off into teams for a bake-off; you can even pit the kids against the adults — with a little supervision, of course. If you're feeling a little lazy, throw an apple pie potluck and watch your store-bought delight steal the show as your audience praises your craftsmanship and attention to detail — just how Sara Lee taught you.

NATIONAL HAMBURGER DAY | TUESDAY, MAY 28

As if one day wasn't enough, it turns out that the entire month of May is recognized as National Hamburger Month! Meat lovers rejoice as patties of heavenly beef are passed around the table for all to enjoy. There's no shortage of



ways to celebrate this patriotic pastime. From grilling out with the neighbors to making sliders for your new love interest, there's a little something for everyone, especially considering the advances we've made in burger technology in recent years. If meat isn't your thing, throw a veggie or tofu burger on the grill and season it to mouth-watering perfection. We won't tell the beef purists if you don't.

Eat up, everybody. Happy holidays.

THE IMPORTANCE OF STANDING OUT

How I Made Our Practice Special, and How You Can Too

Opening a pediatric dental practice when the specialty of “pedodontics” was not well known in most of the country was certainly a challenge in 1980. Being a female business owner was unusual in the south - so I had that challenge and needing to educate my community on what a “pedodontic” dental office was and why parents should bring their children to me! When I opened my practice, most people hadn’t even heard of the internet. That fact alone gives a sense of how much the world has changed since then, and pediatric dentistry is no different.

Today, you can’t differentiate yourself simply by being a pediatric practice. According to the American Academy of Pediatric Dentists, there are more than 6,000 pediatric dentists practicing in the country today. Obviously, it’s no longer a small niche. Instead, it’s an entire industry unto itself. Standing out in this environment requires a little creativity and a personal touch.

In my case, that differentiating factor walks on four legs. For the entirety of my 39 years in practice, I’ve had an office dog. Everyone who knows me knows about my love for pups. When I was starting out, I thought it would be a great idea to have a little doggo in the practice. I did some research into hypoallergenic, no-shed breeds and found out that the Soft-coated Wheaten Terrier would be an excellent option for our office. Now, this was long before the days when therapy dogs were commonplace. I just knew I wanted a good little girl to help brighten the mood.

Having a pup at work quickly became a signature of our practice. It calmed me down, cheered the staff up, put parents at ease, and gave kids a reason to be excited about the dentist. Honestly, I can’t take credit for anticipating what a boon it would be. I did it largely because I’m a dog lover. Once I saw the way our first pup, Keeley raised people’s spirits and calmed their nerves, I knew there would always be a dog at our office. Over the years, many wonderful animals have held the role, and I’m grateful to have shared time with each and every one of them. When I look back on my career, I can’t imagine what it would be like without their furry influence.

So, in the spirit of honoring everything those pups brought to our office over the years, I want to encourage you to seek out innovative ways to separate yourself from the pack. Let’s be honest. Promoting yourself as a caring, compassionate, and friendly pediatric dental practice is about as unique as saying that “water is wet” or “sound travels.” Those things are probably true, but every single pediatric practice in the country says them. If you really want to attract new patients, you need to go the extra mile.

Just how you do that will depend on the personalities and interests of your dentist and their team. Be creative and choose something that improves the lives of everyone in the office, from the littlest patient to the biggest grown-up. When you do that, you’ll have a practice with true personality. And that, more than anything, is what keeps people coming back.



Rhea M. Haugseth, D.M.D.





SOAK UP THE SUN WITHOUT DAMAGING YOUR SKIN

4 Tips for Happy Summertime Skin

Summer is a wonderful time of year for your health. The warm weather encourages outdoor activities, and the vitamin D produced by sunlight can boost your mood. Unfortunately, sunshine can also do a number on your skin. Here are a few tips to protect your skin while having fun in the sun.

DON'T FORGET THE SUNSCREEN!

People of all complexions should wear sunscreen every day. Even if you aren't at the beach, harsh sunlight can still damage your skin when you're walking around or driving your car. Dermatologists recommend applying sunscreen with SPF 30 first thing in the morning and reapplying periodically through the day.

Pro Tip: Don't put the sunscreen away when it gets cold. The sun is still harmful in the winter months.

WANT A TAN? GO SUNLESS!

Though popular, that "sun-kissed" look is actually a sign of skin damage caused by harmful UV rays. If your summer look just isn't complete without a tan, consider using a sunless tanning product. The Mayo Clinic states, "Topical sunless tanning products are generally considered safe alternatives to sunbathing, as long as they're used as directed." So read the directions and enjoy a great summer tan while keeping your skin safe.

TAKE COOL SHOWERS.

Hot showers are relaxing, but they also dry out your skin, especially in the heat of summer. Do your skin a favor and turn down the temperature. As a bonus, taking a cool shower after sweating can reduce acne breakouts.

STAY HYDRATED.

Hydrated skin is happy skin, so keep a water bottle handy. Start by swapping a sugary beverage at mealtime with a glass of water instead. Another healthy way to get extra water is by snacking on fresh fruits and vegetables. Certain summer fruits, like melons, have high water content and are full of vitamins your body craves.

There's a lot to love about the summertime. With these tips, your skin can love it too.

SITUATION OF THE MONTH A LESS-THAN-WARM WELCOME

DEAR PDAA PRO,

I recently started working at a new practice, and I feel like the odd one out. While I'm doing just fine with the technical aspects of the job, I have had trouble acclimating to my new office culture. Am I being too shy? I just want to get over this kid-at-a-new-school syndrome as quickly as possible. I'd love some advice.

Thankfully,

A Reluctant Debutante

DEAR RELUCTANT DEBUTANTE,

First off, let me just say it is not your fault you don't feel like you're hitting the ground running at your new practice. Sure, being an extrovert serves people well in their early days, but it's not your responsibility to make yourself feel welcome. It's something a lot of practices could stand to get better at. In other words, you are not alone in feeling a little uncomfortable.

In this situation, the technical nature of being an assistant may actually work to your disadvantage. When a practice hires you, it's because they are totally confident in your ability to fulfill the job requirements. Because of this surety, practices often rush through training and onboarding procedures. At its most bare bones, you may receive little more than a few minutes in a room with an employee handbook. That's not much of a welcome wagon.

Sad as it is to say, you can't go back in time and make your first few days better. What you can do is suggest tactics that will make the next new hire's experience a little smoother and more enjoyable. An easy way to do this is by hosting an off-site team lunch for all new hires. Getting out of the work environment is a great way to chat with somebody, learn about them, and demonstrate that you care about them as a person, not just as a coworker. Another great option is to assign all new employees a mentor for their first week or two. When somebody takes a new hire under their wing, it makes them feel part of the team from the start. Rather than having to go it alone, they have a helping hand showing them the ropes.

Hope this helps!

-Pediatric Pro

SNACKING

What Is It Good For?



There are many different opinions on the healthiness of snacking. Some people think of snacks as processed foods with high calories, but snacks don't have to be junk food. Depending on what snacks you're eating, and how often, these little in-between-meal bites can be highly beneficial or detrimental to your overall health.

HEALTHY VS. UNHEALTHY SNACKS

People snack when they're hungry, but they also do it when they're stressed, bored, or have a habit. When people snack on unhealthy junk food when they're bored, the result is weight gain. An excellent way to avoid unhealthy snacks is to surround

yourself with healthy alternatives. Fill your fridge and pantry with whole grains, fruits and vegetables, and nuts and legumes. With those in your kitchen, you'll have plenty of healthy options to choose from when you're hungry.

WHO BENEFITS FROM SNACKING?

Depending on your weight, fitness level, and medical conditions, snacking throughout the day can be more effective than eating three large meals a day. Individuals who are crunched for time, have particular health conditions, are athletic, or are trying to lose or maintain weight all benefit from healthy snacking throughout the day.

People who have high cholesterol or diabetes can better maintain their cholesterol and blood glucose levels if they eat frequently during the day. For athletes, snacking helps distribute the consumption of nutrients their body needs throughout the day instead of all at once. This way, their energy levels stay the same instead of fluctuating with their meal times.

If you find yourself in need of a quick bite, think clementines and almonds instead of chips and Pop-Tarts. You'll still satisfy your hunger without jeopardizing your health or increasing your waistline.

HAVE A LAUGH



STRAWBERRY MANGO PALETAS

Inspired by Food & Wine Magazine

INGREDIENTS

- 1 ¼ cups strawberries, chopped
- ½ cup granulated sugar
- 3 tablespoons fresh lime juice
- ½ teaspoon kosher salt
- 2 medium ripe mangoes, peeled, pitted, and chopped

INSTRUCTIONS

1. In a small saucepan, toss strawberries with 1/4 cup of the sugar and let stand at room temperature for 15 minutes.
2. Add 1/4 cup water and bring to a simmer over moderate heat. Cook strawberries until mixture thickens slightly, about 5 minutes.
3. Remove from heat and stir in 1 tablespoon of the lime juice and 1/4 teaspoon of the salt.
4. Let cool completely, about 45 minutes.
5. Meanwhile, in a blender, purée mangoes with remaining 1/4 cup sugar, 2 tablespoons lime juice, and 1/4 teaspoon salt until smooth. Scrape into a medium bowl and clean the blender.
6. In the blender, purée strawberry mixture until smooth.
7. Into eight 3-ounce ice pop molds, spoon 2 tablespoons mango purée. Add 2 tablespoons strawberry purée to each mold, then top with remaining mango purée, leaving 1/2 inch between filling and top of mold.
8. Using a small knife, gently swirl mango and strawberry layers together.
9. Insert wooden ice pop sticks and freeze until solid, at least 4 hours and preferably overnight.
10. Dip molds in hot water for a few seconds, then unmold paletas and serve immediately.