

Inside This Issue

- p.1 A New Kind of PDAA Conference
- p.2 The Clean Plate Conundrum
- p.2 Situation of the Month
- p.3 Finding the Right Workout for Your Diet
- p.3 Have a Laugh on Us!
- p.3 Basil Berry Sorbet
- p.4 An Excursion in the Pennine Alps

AN ALPINE EXCURSION Tour Monte Rosa



Nestled between Italy and Switzerland, Monte Rosa is the second highest peak in the Alps, making it one of the best views in either country and one of the more physically demanding ascents in the mountain range. In the late summer and early fall, tourists and locals alike tour Monte Rosa to pay their respects to the peak and to be challenged by the cross-country trek over the mountain.

The full tour of the mountain is a nine-day journey that starts in Switzerland and crosses quickly over into Italy, winding its way through both countries before eventually returning trekkers to their starting point. The out-and-back path is the most popular route, though there are other ways to approach it. However you go, you'll encounter massive glaciers, rigorous 1,000-meter ascents and descents, and breathtaking views that are sure to make this journey memorable.

For accommodations, opt for charming mountain huts to immerse yourself in the true Alpine experience. You can book them in advance to guarantee your bunk and a dinner of spaetzle or lasagna, depending on which country you're in that night.

Unless you're traveling with an experienced mountaineer, a guide is recommended for touring Monte Rosa, even if you only plan to traverse a small section of the mountain. Weather can vary greatly and change quickly in this region, so you never

know when you'll encounter ice or snow, which can lower your visibility. Toward the top of the peak, you'll even have an opportunity to cross a sprawling glacier, and having a guide will ensure you have the necessary equipment for a safe trip.

On top of the spectacular views, you can expect a beautiful blend of cultures and an experience unlike any other on your tour of Monte Rosa. Plus, you may even get to see a few Swiss cows or mountain goats along the way!

IT'S CONFERENCE TIME! Preparing for Our Best Event Yet

I'm hoping everyone is aware that the 5th Annual PDAA Conference is just around the corner. If you haven't already booked your tickets, now's the perfect time to do so. Believe me, you'll want to be at the conference this year. Let me tell you why.

First off, we've decided to switch things up this year with a change of venue. For our first four iterations, we held the conference in Atlanta. While my A-town pride has not diminished one bit, we're excited to hold the conference in Disney World this year. It's "The Most Magical Place on Earth," after all. We'll be situated at the Hilton Buena Vista Palace Resort, right on Disney property. If you think the weather in Georgia is good during November, just wait until you get a load of Orlando. While our conference begins on Nov. 1, I would recommend getting there a day early so you can experience Disney during Halloween.

"Our conference, as always, is strictly intended for dental team members – no doctors allowed! But it's fun that the dentists will have a separate conference to attend at the same time."



In addition to a new locale, moving to Orlando has given us the chance to share the facility with the Florida Academy of Pediatric Dentistry, the Southeastern Society of Pediatric Dentistry, and the Southwestern Society of Pediatric Dentistry. While we are having the PDAA 5th Annual Conference, the FAPD, SWSPD, SSPD are having a conference for the Doctors. Our conference, as always, is strictly intended for dental team members — no doctors allowed! But it's fun that the dentists will have a separate conference to attend at the same time. It's a great way for your entire staff to travel and learn together. In fact, if you head to SWSPD.org, you can register the doctor. Register your entire team at www.thepdaa.org.

The speakers we've got lined up this year are fantastic educators who will provide you invaluable information to take back to your practice. Juan Colon will be speaking on "Equipment Maintenance and Care in Your Office for the Dental Team: Easy Fixes to Reduce Service Calls!" Repairing and replacing equipment is a costly endeavor, and Colon will give you tips on how to repair many pieces of equipment and how to perform maintenance so the office can experience fewer costly service calls. The money you'll save from his tips is worth the price of admission alone.

On top of that, we have Shelly Short delivering a talk called "A Healthy Team is a High-Performing Team: How to Be Your Best Self at the Office and Still Have Energy at the End of the Day!" Even though our careers are focused on improving the health of others, we often forget to take stock of our own health. That can lead to burnout and frustration. Short will teach you how to stay positive, healthy, and energized, no matter how many patients you see each day.

Finally, and maybe most importantly, the PDAA Conference is a chance to hang out with people who understand your work life, its challenges, and its triumphs. In addition to being the absolute best way to get your CE credits, it's a lot of fun. I hope to see you there.

Rhea
Rhea M. Haugseth, D.M.D.

The 5th Annual PDAA Conference
When: Nov. 1-2
Where: Hilton Buena Vista Palace Resort
How to Book: ThePDAA.org (for dental team members) or SWSPD.org (for doctors)



JUST ONE MORE BITE

How the Clean Plate Phenomenon May Be Killing Your Diet

a fear of wasting food. Most people have, at some point, heard an adult say to a child, “Eat up; there are starving children in the world.”

But all those “one more bites” add up. Researchers from Vanderbilt University conducted a study in which participants were served individual plates with any number of cookies piled on top. They were instructed to eat three cookies, and afterward, researchers asked each of them if they wanted more. Those who had only one or two cookies left on their plates were more likely to indulge in a fourth or fifth cookie, while those who had no cookies left or had too many cookies left said they were full.

Despite what you think about your own diet, this isn’t a problem sequestered to certain parties. Studies have found that plates and portion sizes in the U.S. have increased by about 20% since the 1970s. The same psychology that propelled humans to eat just a little bit more to survive is now contributing to serious overeating and a staggering calorie intake.

There are a few simple tricks you can use to break this habit. Use smaller plates or measure out your food portions so you can clean your plate without guilt. You can also get into the habit of leaving a few bites on your plate to retrain your brain that it’s okay to not finish your food. (You can use your leftover food for compost or save it for later!) With a little effort and intention, you *can* break free of the pressure to clean your plate.

As you celebrate your last backyard barbecue, consider this: If someone puts three helpings of potato salad on your plate, would you feel pressured to finish it? According to nutrition experts, this pressure to finish your plate is making people indulge a little too much.

Dubbed the “clean plate phenomenon,” this overindulgence is troubling. Researchers have discovered that people feel pressured to clean their plates even when they feel satisfied or full. Even people who don’t fill their plates all the way often reach for that last piece or second helping because “one more bite won’t hurt.” Experts speculate that this compulsion could have stemmed from habits passed down from World War II, when rationing food was required for most, or from

FINDING THE RIGHT WORKOUT FOR YOUR DIET

How to Match Your Routine to Your Plate



What you eat and how your body performs are two intimately linked aspects of your overall fitness. That’s why distance runners carb-load on spaghetti before marathons and yogis skip breakfast before a 105-degree Bikram class. However, this nuance is easy to neglect in a world of fad diets and food trends that move at whiplash speed.

If you’ve jumped on the keto, vegan, or paleo bandwagons but are still slogging through the same workout routine, it’s time to take a closer look at your body’s needs and tailor your gym time accordingly. Here are a few tips for matching your diet to the optimal workout.

KETO

This high-fat, low-carb diet is currently booming among athletes who relish the opportunity to chow down on pork rinds and cheese (a perk that comes at the expense of giving up chips, bread, and most fruits). Shape magazine recommends moderate-

intensity workouts for people eating keto because they won’t have the ample supply of glucose the body relies on for high-intensity exercises like sprints and HIIT. On the plus side, if you go keto, you’ll burn more fat during cardio because you won’t have a store of glycogen to compete with it as an energy source.

VEGAN

Plant-based diets are generally associated with slow-moving exercises like yoga, but VegNews reports that short, high-intensity workouts are actually the best option for people who don’t eat meat or dairy. Choosing quick workouts means your body won’t use

up as much protein (which vegans generally consume less of), and the ample glucose in a vegan diet is ideal for powering intense workouts like sprints, stairs, body-weight lifts, and CrossFit drills.

PALEO

The paleo diet is unique in that it actually comes with its own exercise plan, though many paleo eaters probably don’t know it. According to Paleo Leap, “The paleo lifestyle emphasizes natural movement (preferably outside) over machine-based exercises and brief but intense strength training workouts over extended sessions of steady-state cardio.” Above all, paleo advocates advise listening to your body and choosing a workout plan that leaves you feeling good.

SITUATION OF THE MONTH

WHEN SCHEDULING WIRES GET CROSSED



DEAR PDAA PRO,

We have a consistent problem with scheduling at our practice, and I’d love your help in sorting it out. Often, our admin staff will book younger patients or those needing extensive treatment at the end of the day. It really messes with our workflow and makes for frustrating afternoons. How can I, as a member of the clinical team, support our admin folks to avoid issues like this happening again?

Sincerely,

—Scheduled to Death

DEAR SCHEDULED TO DEATH,

Many problems can arise when the admin and clinical teams function as two separate universes, rather than working together. The first thing to address is whether or not your administrative staff knows the mistakes they are making. Without proper scheduling guidelines, you can’t ever hope to fix the issue.

In general, it’s a good idea for children under the age of 6 to be seen in the mornings. Younger children are less tired, fussy and out of sorts in the AM. This is the best time to gain their cooperation so they can have a great experience at your office. The same goes for patients who need more than a standard cleaning and exam. Rules like these need to be trained and enforced regularly.

Just as important as providing the admin team with rules for scheduling is giving them tools to deal with pushy parents who won’t accept these standards. We all want to be accommodating to our patients, but serving one person can’t come at the expense of everyone else. During the morning huddle, find the best appointment times for emergencies, work-ins, and any available openings in the schedule so the admin team knows where to schedule these appointments when they receive a call. That way, everyone is on the same page and knows what to expect.

The bottom line is that how you schedule affects the quality of care you provide. A well-functioning scheduling system benefits both the admin and clinical teams, as well as the patients. If everyone understands this premise, you’ll have much fewer problems.

—Pediatric Pro

HAVE A LAUGH



BASIL BERRY SORBET

Inspired by Good Housekeeping

INGREDIENTS

- 1 cup sugar
- 1 cup fresh basil leaves
- 6 cups frozen mixed berries
- 3/4 cup fresh lemon juice

DIRECTIONS

1. In a saucepan over high heat, combine sugar with 1 cup of water, stirring occasionally until sugar dissolves, creating a syrup-like consistency.
2. Remove syrup from heat, add basil, cover, and let stand for 15 minutes. Strain syrup into bowl and refrigerate until cold.
3. In a blender, combine syrup with frozen berries and lemon juice. Purée until smooth.
4. Transfer to a square baking pan, cover in plastic wrap, and freeze until set, about 2 hours.
5. Scoop and serve.