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INJURY-FREE RUNNING

The Key Lies in Form

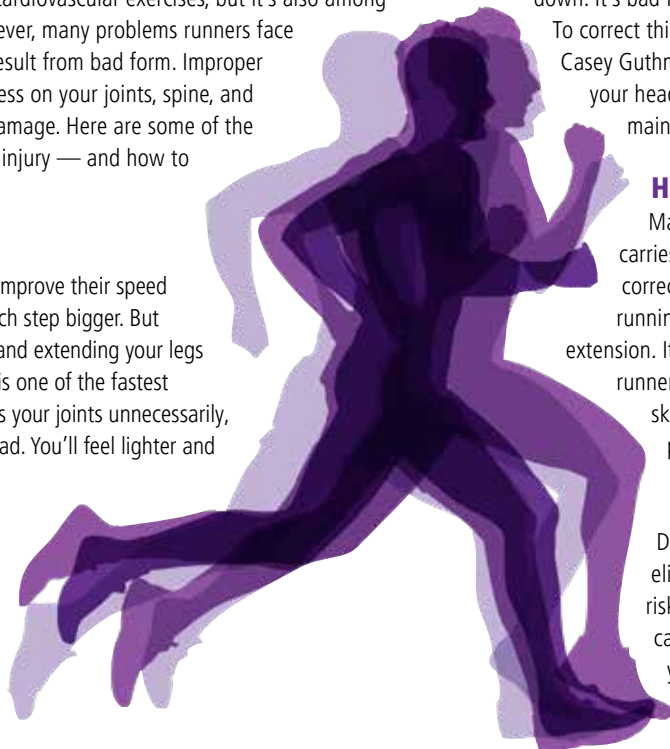
Running is one of the most effective cardiovascular exercises, but it's also among the most likely to cause injuries. However, many problems runners face aren't inherent to the sport — they result from bad form. Improper running form can put unnecessary stress on your joints, spine, and neck, potentially causing long-term damage. Here are some of the most common errors that can lead to injury — and how to correct them.

OVERSTRIDING

Many runners mistakenly think they'll improve their speed by increasing their stride or making each step bigger. But your body has a natural stride length, and extending your legs too far in front of your center of mass is one of the fastest paths to an injury. Overstriding stresses your joints unnecessarily, so focus on shorter, quicker steps instead. You'll feel lighter and run more efficiently.

BOUNCING

Running should move your body forward, not up. Many runners push themselves off the ground and into the air, producing a bouncing motion that sends them up and



down. It's bad for your legs and will make you feel tired more quickly. To correct this problem, physical therapist and running coach Dr. Casey Guthmiller recommends imagining a low ceiling just over your head as you run. You aim to avoid bumping your head by maintaining a consistent distance from the ground.

HUNCHING

Many people have bad posture, so it's no surprise it carries over to their running form. But it's a problem worth correcting. Hunched shoulders and leaning forward while running make breathing harder and prevent proper hip extension. It's also bad news for your back. Dr. Guthmiller urges runners to imagine a string pulling their spine toward the sky. At the same time, avoid standing too straight. Proper posture involves a slight lean with a straight spine and squared shoulders.

Developing proper running form takes time, and no one eliminates all errors immediately. But you'll reduce your risk of developing an injury and see more progress if you can reduce your mistakes. Try to focus on one part of your form at a time — you might be surprised how much better you feel.

THE ART OF EFFECTIVE COMMUNICATION

ELEVATE YOUR PRACTICE WITH INSIGHTS FROM OUR 9TH ANNUAL PDTA CONFERENCE

I recently presented at an all-day team talk for the California Society of Pediatric Dentistry (CSPD), and on top of having a great time, I was pleased to see everyone walked away with a few helpful "pearls" of information that resonated with them. I will give a similar presentation at the PDTA Conference on Oct. 6-7. In anticipation, I'd like to share some of the "pearls" we learned from the CSPD.

It's that time of year — the 9th Annual PDTA Conference is here! The conference will be on Oct. 6-7 at the Renaissance Concourse Atlanta Airport Hotel in Atlanta, Georgia.



The theme of the conference is **communication** for the entire office. The agenda is jam-packed with information you and your staff will find helpful. We will cover everything from communication skills to guiding parental behavior and tips on presenting treatment plans so the patients say yes to your recommendations. There is something for every member of the team!

For more information on this year's PDTA Conference, visit our website at thePDTA.org and click on the banner at the top — you can register right there!

As a pediatric dentist, I understand the importance of constantly improving our practices and all the services we deliver to our patients, including customer service. This is your opportunity to allow your entire team to develop and expand their skills! I look forward to seeing your entire team at the Oct. 6-7 conference in Atlanta!



AMANDA R.: "Inform before you perform. What you give/send out to patients and families is what will be sent back to you."

BARBARA: "Forgetfulness is considered one of the main communication barriers. People only remember 83% of what they see and 11% of what they hear."

JUSTINE: "Look good, feel good. Having a nice put-together appearance invites a more welcoming attitude with parents."

ANDREW: "How you present the treatment plan can have a big effect on how the patient/parent feels going into treatment."



HOW A WWII CAT SURVIVED 3 SHIP SINKINGS: THE STORY OF UNSINKABLE SAM

You've heard the saying, "Cats have nine lives," and while there are countless tales of cats falling from trees or high-above windows, one cat put this theory to the test, earning himself the name "Unsinkable Sam."



Sam's original name was "Oscar," and his legacy began aboard the Bismarck, one of the two first-class Nazi battleships in World War II. The Bismarck (with Sam) was launched on Feb. 14, 1939, and soon after engaged in battle with The Prince of Wales, an Allied battleship. The Nazi ship was severely damaged in this battle and ultimately sunk. Only 118 of the 2,200 crew members survived, plus Sam.

The British destroyer HMS Cossack found Sam floating on a board hours later, and they promptly scooped him up and welcomed him aboard. Sam had officially switched sides to the Allied forces.

Now on the right side of history, Sam lived with the British crew for the next few months as they performed convoy escort duties — until a torpedo struck the HMS

Cossack in October 1941, killing all 139 members aboard. Except for Sam. Once again, Sam clung to a wooden plank and floated safely to the nearby shore of Gibraltar, a British Overseas Territory. British service members who found him ashore put two and two together and realized the cat — the very one their fellow servicemen saved in 1939 — was the only survivor of HMS Cossack, earning him the nickname "Unsinkable Sam."

The group in Gibraltar was from the HMS Ark Royal crew, and of course, they loaded Sam aboard when it was time to launch. But as Sam's luck would have it, a torpedo struck the HMS Ark Royal just a month later, leaving him once again clinging to a floating plank near a boat launch back in Gibraltar.

Luckily, Sam's boating days were over, and he was honorably transferred to the position of "mouse hunter" in the building of the governor-general in Gibraltar. Eventually, the British

restored their favorite floating feline to a "home for sailors" in Belfast, where he lived for the rest of his days until his peaceful passing in 1955.

Sam's story may not officially prove cats have nine lives, but it makes at least three seem likely!

GROW A THRIVING GARDEN WHILE SAVING MONEY BE SURE TO FOLLOW THESE STEPS!



While it may be the fall season now, the temperature is still warm enough to encourage root growth for a garden! During the fall, you can plant blueberries, broccoli, garlic, radishes, spinach, lettuce, and several flowers such as asters, calendulas, and cosmos.

However, planting can become expensive, especially if you have large metal raised beds for your garden. It may take several bags of soil to fill your garden bed, which can quickly put a dent in your wallet. Is there anything you can do to save money?

Yes! Follow these four steps and watch your garden — and greenbacks — flourish.

STEP 1: LAY DOWN CARDBOARD.

After setting up your raised garden bed, add a layer of cardboard (any type of cardboard will do) to the bottom of it. This layer will prevent weeds lurking in the dirt underneath the cardboard from sprouting and growing in the soil you will add later.

STEP 2: ADD STICKS AND SMALL LOGS.

Similar to cardboard, adding sticks and logs will prevent weeds and other invasive plants from growing in your garden. And these limbs and twigs will provide much-needed bulk, minimizing the amount of soil needed to fill your containers.

STEP 3: SPRINKLE GRASS CLIPPINGS AND SHREDDED LEAVES.

Nitrogen and carbon are essential to any garden because plants need nutrients to grow. While you can purchase nitrogen fertilizer at the store, recycling grass clippings and shredded leaves is a cheaper and environmentally friendly alternative. You can also toss food scraps on this layer for additional nutrients!

STEP 4: TOP WITH SOIL AND COMPOST.

Finally, you can begin adding your soil. Because the bed is filled with other materials, you won't need as much! After applying a good amount of soil, you can add compost to the mix if desired.

Once everything is to your liking and your beds are full of soil and nutrients, you're ready to plant. Happy harvesting, everyone!

SITUATION OF THE MONTH

Dear PDTA Pro,

Drama, Drama, Drama! We always have one team member in our office who is pulling others aside to talk badly about another team members and just loves to stir up drama. Not only does this bring everyone down, but it goes against our values, and I don't want to be a part of it. What can we do?

-Drama, Be Gone

Dear Drama, Be Gone,

This sounds like a drama triangle! Many times, when people talk badly about one person, they try to rally the troops and want another person to agree with them. This group of three or more people creates the triangle

— but here's the thing — without that third participant (you), the antagonist doesn't have another leg to stand on, and the drama triangle is no more!

Unfortunately, these situations are common — it doesn't matter if you work in a dental office, a legal office, a restaurant, or the post office — these things happen. But just because they're common doesn't mean you have to put up with it! You have options if someone has an issue with another team member or starts talking badly about someone else. You can excuse yourself from the conversation, let them know you don't want to be part of it or offer to chat about something different. You can even nicely let them know what they're saying is hurtful and upsetting.

The bottom line is that it's best to find a way that you are comfortable with to disengage and not add to the drama! This October, at our PDTA Conference, we'll be hosting a presentation on positive communication with coworkers, patients, and parents! This will be discussed at length — we hope to see you there!

-Pediatric Pro

HAVE A LAUGH



INGREDIENTS

Crust

- 3 cups all-purpose flour
- 1 cup cold unsalted butter, cubed
- ¾ cup powdered sugar
- 1 tsp salt

Filling

- 4 eggs
- 1 cup corn syrup

- 2/3 cup packed light brown sugar
- ½ cup honey
- ¼ cup all-purpose flour
- ¼ cup melted butter
- 1 tsp ground cinnamon
- ½ tsp salt
- ½ tsp ground ginger
- 3 cups chopped pecans

DIRECTIONS

1. Preheat oven to 350 F. Use baking spray to grease a 13x9-inch pan before lining with parchment paper.
2. In a food processor, blend crust ingredients until a crumble forms. Press mixture into pan. Bake until light golden brown, about 20 minutes (crust will have cracks).
3. In a bowl, whisk all filling ingredients (except pecans) together until smooth. Stir in pecans and pour over crust. Bake until set, around 30 minutes, then let cool completely in pan.