

DR. RALPH PARKIN AND HIS TEAM
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On the
Bright
Side



IN THIS ISSUE

Matters of the Heart.....	1-2
Patient News & Special Events.....	3
Keeping Your New Year's Resolutions.3	
New Year's Fun Facts.....	4
TRIVIA.....	4
Valentine Humor.....	5

February 2012

How To Make Chocolate Covered Strawberries

- Place a piece of parchment paper on a baking sheet.
- Melt the chocolate as directed above. You can also melt it in a microwave using a glass bowl or glass Pyrex measuring cup.
- Very carefully, dip the strawberry in the melted chocolate, lift the dipped strawberry out, and with a twist of the wrist, and let the excess chocolate drip off. Place the chocolate covered strawberry on the parchment sheet. Repeat until all the strawberries are done. Refrigerate for about 10-15 minutes to harden the chocolate. You can serve them now, or try dipping them into contrasting colored chocolate, letting them dry between coats.
- Chocolate covered strawberries can also be rolled in finely chopped nuts or toasted coconut while the chocolate is still wet.
- Serve in paper liners like muffin papers, or specially designed candy wrappers.
- Best eaten the same day. Refrigerate any leftovers.



Matters of the Heart

It's February - and as we make plans to give our heart to our Valentine, let's make sure it is a healthy heart because February, is also the month we celebrate heart health month.

Our beating heart doesn't look much like the shape of a heart on Valentine's Day cards. It is about the size of your fist and has four chambers and four valves that pump blood through our system. Blood vessels carry blood to and from our hearts. Your heart pumps an average of 100,000 times per day. The pumping action of our heart carries the oxygen and nutrients to our body that we need to stay alive.

We ask our hearts to do so much each and every day that we should commend our hardworking hearts. February is American Heart Month, this is good time to check and see if we are doing every thing we can to keep our hearts healthy.

A sedentary lifestyle is one of the top risk factors for heart disease. Fortunately, it's a risk factor that we have some control over. Regular exercise, especially aerobic exercise, improves heart health and can even reverse some heart disease risk factors. Even limited amounts of physical activity can be good for your heart if done regularly and over the long term.

(continued, pg. 2)



Exercise helps your heart by:

- *strengthening the heart muscle*
- *making the heart more efficient*
- *improving the flow of blood to the heart muscle*
- *improving the heart's ability to handle stress*

Your cardiovascular system performs a number of crucial functions in your body. It transports oxygen to cells and removes carbon dioxide, carries away metabolic waste products, and transports hormones to the intended organs.

In addition, it helps maintain body temperature and preserve your body's acid balance. Most people are able to accomplish light activity (about the equivalent of walking 2.5 miles per hour) without placing excess demand on their circulatory and respiratory systems. When you perform more intense exercise, however, your muscles' need for oxygen multiplies. Your heart is forced to pump harder and faster. The amount of blood your heart pumps and the oxygen your body consumes rise in direct proportion to the amount of work your muscles are performing. And once again, your level of physical conditioning dictates how well this system works.

Building Endurance

Through regular exercise, your circulatory system adapts to increase your cardiorespiratory endurance. Your body creates more plasma (the salt-water fluid that carries sugars and nutrients to cells and ferries away waste). Because plasma is a component of blood (blood cells make up the remainder), there's a greater volume of blood available to pump. It also means that the blood is slightly thinner, which lowers the resistance it encounters while circulating. In addition, the main pumping chambers of your heart, called the ventricles, stretch to hold more blood and contract with greater force. Over the long term, the heart's muscle fibers increase in size as well, making the heart stronger.

Likewise, the capillaries that serve the working muscles — including the heart — increase in number. These additional blood vessels serve two valuable functions. First, they feed the muscles more oxygen-rich blood. Second, the presence of more vessels means that the heart's powerful pumping chamber, the left ventricle, has a

more plentiful energy supply and is able to pump the blood with greater ease. The benefit you get from this more efficient pumping action is to be able to do more work with less effort.

The greater need for oxygen-rich blood that occurs during aerobic exercise can also lead to an increase in the size and number of branches, tributaries, or other coronary arteries feeding the heart. This provides other channels for oxygenated blood to reach heart muscle. If an artery serving the heart becomes blocked, there's less risk of heart muscle damage because there are alternative channels to keep the blood supply flowing. The boost in oxygen and other benefits of exercise offer some protection against dangerous heart rhythm disturbances as well.



Cardiovascular or aerobic exercise is steady physical activity using large muscle groups. This type of exercise strengthens the heart and lungs and improves the body's ability to use oxygen. Aerobic exercise has the most benefits for your heart. Over time, aerobic exercise can help decrease your heart rate and blood pressure at rest and improve your breathing.

Aerobic exercises include: walking, jogging, jumping rope, bicycling (stationary or outdoor), cross-country skiing, skating, rowing, and low-impact aerobics or water aerobics.

In general, to achieve maximum benefits, you should gradually work up to an aerobic session lasting 20 to 30 minutes, at least three to four times a week. Exercising every day or every other day will help you keep a regular aerobic exercise schedule.

Like all muscles, the heart becomes stronger as a result of exercise, so it can pump more blood through the body with every beat and continue working at maximum level, if needed, with less strain. The resting heart rate of those who exercise is also slower, because less effort is needed to pump blood. Note, however, that anyone with heart disease or cardiac risk factors should seek medical advice before beginning a workout program.

*Keep your heart healthy and
Have a happy Valentine's Day!*

Welcome New Patients

Brenda R Referred
Toma K Referred
Doina A Referred
Clint H Referred

Kimela A Referred
Rodney Referred
Kim F Referred
Michelle O' Referred
Dr. Parkin Referred
Ashley B Referred

Claudia P
Anthony V
Nathaniel A
Catherine H and
Adam H
Sarah A
Amy G
Brit F
Cassandra O
Jeff Y
Brittney T
Anessa S
Ethan T
Jacob S

Thank You For Your Referrals



We need your help! We make special new patient offers to the community that we serve by postcard mailings and through our website at:

www.CheyenneMountainDentalCenter.com.

The problem is we are not reaching all the people we need to reach. So many people do not have a dentist and many don't know who to go to, who they can trust to treat them honestly and gently.

The solution is that you know people. Simply give them one or more of the offer cards enclosed after you have signed your name on the back. In exchange for your caring enough to share, **we will give you a \$50 Gift card for each one who becomes a patient.** Call Rhonda at 719-576-1730 if you need more cards.

Keeping Your New Year's Resolutions (Part 2)

The key keeping any New Year's resolution and really making it stick requires one of two things: Breaking an old habit, or starting a new one.

Part 2: Creating a New Habit

When trying to create a new POSITIVE habit, (exercising more, eating healthier, flossing daily...) repetition is required before it becomes a habit. Most experts say creating a habit takes somewhere between 21 and 28 days. There is some debate about the exact number, it probably depends on the type of habit you're trying to form and how serious you are in pursuing your goal.

Here are some steps you can take to create a new habit i.e. Keep your New Year's Resolution:

- 1) **Make a plan.** Forget about previous failed attempts. Set a date, and start fresh with a solid plan.
- 2) **Choose a trigger.** A trigger is an event that kicks off your habit. Habits become automatic after we've created a bond between the trigger and the habit – the stronger the bond, the more ingrained the habit.
- 3) **Get positive feedback.** It's easy to give up without accountability and support. You need praise for your efforts and encouragement when it's difficult.
- 4) **Report your habit to a social group.** Announce your new habit on Twitter, Facebook, or your blog. Ask friends and family for support. Tell them you want to be held accountable. If you miss a day, feel discouraged, or get stuck, report it so your friends can cheer you on and encourage you.
- 5) **Reward yourself!** Changing and/or creating a habit are a skill. Many people fail because of poor planning or maybe they try to do too much at once.



TRIVIA

The Heart...

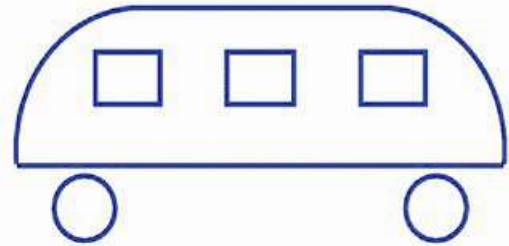
In honor of American Heart Month and Valentines Day, we wanted to share some interesting facts about the heart:

- A woman's heart typically beats faster than a man's. The heart of an average man beats approximately 70 times a minute, whereas the average woman has a heart rate of 78 per minute.
- Scientists have discovered that the longer the ring finger is in boys the less chance they have of having a heart attack.
- The heart weighs less than one pound. The average weight for women is eight ounces and for men, 10 ounces.
- Plato theorized that reasoning originated with the brain, but that passions originated in the "fiery" heart.

Keep your heart healthy by keeping your gums healthy. It's a fact that a healthy mouth adds up to 10 years to your hearts life, so think clean mouth!

Here is a holiday trivia question sure to test and tease your brain. Good Luck!

Which direction is the bus traveling in the picture below (left or right)?



Decembers winners:

Jenny Kinkade
Cynthia Nelms

Call Christina with your answer and your explanation. She might give you a prize for your effort.

Start A Love Affair With Your Smile!

Great teeth and tip-top oral hygiene can make any Valentine's Day kiss even sweeter. While Cupid supplies the romance, Dr. Parkin and his Team can give you a whole new love affair with your smile. Check out the latest teeth whitening program which includes the Opalescence Boost one hour whitening and a free membership in the Whiter Teeth for Life Club for only \$229. Now you can have white teeth and always keep them white for one amazing low price. Call Rhonda today and schedule your beautiful new smile treatment.

A jaw dropping, beautiful white smile is more affordable than ever this year, and just in time for Valentine's Day! Give us a call to schedule today.

Call To Schedule Today: (719-576-1730)





A guy walks into a post office one day to see a middle-aged, balding man standing at the counter methodically placing “Love” stamps on bright pink envelopes with hearts all over them. He then takes out a perfume bottle and starts spraying scent all over them.

His curiosity getting the better of him, he goes up to the balding man and asks him what he is doing. The man says, “I’m sending out 1,000 Valentine cards signed, ‘Guess who?’”

“But why?” asks the man.

“I’m a divorce lawyer,” the man replies.



St. Valentine lived in Rome during the third century. He was a holy priest in the temple. During that time an emperor named Claudius was ruling Rome. Claudius was not a popular emperor and was disliked by the masses. Claudius was a warmonger and wanted to have a large army. He asked young men to join the army in large numbers. But people had other ideas and they believed in romance and love more than wars. They did not want to be separated from their wives and families. When Claudius came to know of it he became infuriated and issued a decree forbidding marriage for young men. Claudius thought that if men were not married, they would easily join the army. This new law was an attack on the personal liberty of the people.



As Valentine was a priest, one of his various activities was to marry couples. He too considered the new law as cruel and ridiculous. Therefore he kept defying the new law by performing marriages. This was an open challenge to the authority of the emperor. Soon the emperor ordered the arrest of St. Valentine. He was put behind the bars and awarded death punishment. He was beaten with clubs and later beheaded. Thus ended the life of a great man who sacrificed all just for the sake of love. As a mark of love and respect towards this great man, we celebrate the Valentine’s Day every year by exchanging flowers, cards, candies, chocolates etc. The sacrifice of St. Valentine has kept the flame of love and friendship burning forever!

Candy Love

Four-year-old Sam loved candy almost as much as his mom Sally did. He and Daddy had given her a beautiful heart-shaped box of chocolates for Valentine's Day. A few days later Sam was eyeing it, wishing to have a piece of it. As he reached out to touch one of the big pieces, Sally said to him, "If you touch it, then you have to eat it. Do you understand?"

"Oh, yes," he said, nodding his head. Suddenly his little hand patted the tops of all the pieces of candy. "Now I can eat them all."

