



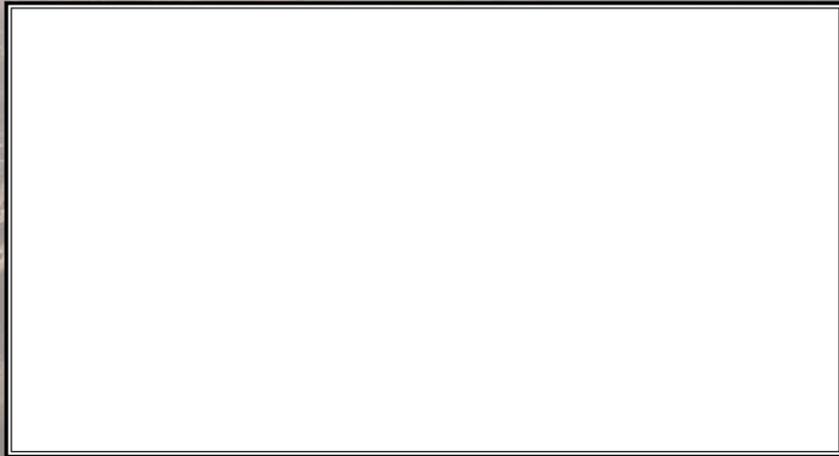
\* www.tmjandsleepapnea.com  
 \* babylaser.com  
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# A Walk in the Woods Is the Prescription

3 WAYS CONTACT WITH NATURE IMPROVES YOUR HEALTH

Our ancestors were deeply connected to their natural environment, mostly because their survival depended on it. With no Whole Foods available, those who could best track a mammoth, find water, and forage for edible plants kept themselves alive and passed on their genes. Given our history as hunter-gatherers, it's no wonder contact with nature provides us with several health benefits.

### A Memory Boost

In a University of Michigan study, a group of students were asked to take a memory test that involved repeating numbers back to researchers. Next, researchers separated the students into two groups. Group A took a walk around an arboretum and Group B walked along busy city streets. Afterward, they were asked to take the memory test again. Group A, the students who had walked in the arboretum, performed 20 percent better on the memory test. Group B didn't show any marked improvement. Additional research has corroborated the memory-enhancing effects of nature.

### A Mood Boost

Observing the benefits nature has for cognitive function, scientists wondered what effects it might have on



spent two nights in the forest. Researchers evaluated their levels of stress hormones during and after this period and compared it to their normal work days in the city. Across the board, participants' stress levels were much lower during the days spent in the forest and for several days afterward.

Today, we're less connected to our natural environment than our ancestors were. Modern comforts and technology mean we don't have to go outside to get our food. But nature is still accessible and you don't have to go far to find it. In many of the studies, even minor exposure to the outdoors, like adding plants to your home or looking out a window during work, showed health benefits. This winter, find ways to bring a little more nature into your life each day. Your brain will thank you.

individuals diagnosed with depression. In one study from the University of Essex, participants with major depressive disorder reported an improvement in self-esteem and mood after spending time in nature. Exercising while in nature resulted in even more of a mood boost for participants.

### A Calming Effect

Research also shows that spending time in nature reduces stress. In a study conducted by Chiba University in Japan, participants



## I'm Listening

HOW I FOUND MY PRACTICE AND PASSION

**W**hen I was studying psychology during my undergrad, a group of dental experts came to my university with a peculiar test. The goal was to carve a 3D letter "H" in the corner of a block, and the score would determine our propensity for a hands-on career. During this seemingly odd task, I found myself captivated by how this task married artistry and attention to detail.

This attraction to hands-on tasks had been ingrained in me from a young age. My parents designated most home improvements as family activities. As such, we were introduced to the tools and techniques of various trades. This love of tools continues to the present day; Dad gifted me a new cordless chainsaw for Christmas last year! (Thanks, Dad!)

Fast forward 8 years and I had made my way through dental science prerequisites, a Bachelor of Science degree in psychology, and a doctorate of dental surgery degree at Loma Linda University School of Dentistry.

After graduation, my clinical career started as an associate with two wonderful offices in Redlands. This valuable experience allowed me to discover what I enjoyed most about dentistry. The opportunity to purchase a practice arose two years later, and I jumped at the chance to build my own dental family. Jessica Wagner Sabo, DDS Inc. has been blessed over the years by this wonderful community, and I am humbled by our practice's growth from friends telling friends about us. It's our favorite way to grow!

Over the last 14 years, my family has grown and so has my professional services I offer my patients. This change started when two of my loved ones presented with head and neck problems that I couldn't help solve. A camping trip revealed that my son, 4 years at the time, had fragmented breathing during sleep. He was soon diagnosed with obstructive sleep apnea. I didn't

"...and I am humbled by our practice's growth from friends telling friends about us. It's our favorite way to grow!"



know what to do to help him. Around the same time, another loved one was diagnosed with a TMJ disorder and trigeminal neuralgia. I didn't know how to help her either.

For someone that solved issues by digging her hands into them, I couldn't sit by and let this be the reality for two people I cared about deeply. Because of this, I began taking on numerous residencies to gain more training and education in craniofacial pain and sleep disorders. Through this additional schooling, I was able to help quarterback the care for by my son. His airway has grown, thanks to the removal of tonsils and adenoid tissues, as well as the orthodontic expansion of his dental arches. He is now a vibrant 10 years old budding jazz musician. The facial pain of my other loved one is well-managed now, and she is enjoying an improved quality of life with her condition. I have been blessed to become an in-network provider for Epic Health (which includes Beaver Medical Group) to treat our patients with TMJ, facial pain, and sleep disordered breathing using their medical insurance benefits.

This "tool girl" has continued to collect both physical and mental tools to help our patients navigate whatever issues the head and neck may develop. Let me know if you think any of these tools may help you or your loved ones. Thank you, and God bless.

-Dr. Jessica Sabo

# Chi Chi the Rescue Dog

A QUADRUPLE AMPUTEE WHO INSPIRES THE WORLD

In our darkest moments, it can be hard to believe joy can be found again. But one amazing dog proves that no matter what happens, through love and patience, we can make the world a better place.

Chi Chi is a golden retriever who was found in a dumpster by an animal rescue group in South Korea. Badly injured and left in a garbage bag with her legs bound together, the only way to save Chi Chi's life was to amputate all four of her legs. As she recovered, the call went out to find a family who could care for a dog with serious medical needs. As a quadruple amputee, just getting Chi Chi's prosthetics on so she could go outside in the morning would be time-consuming. Fortunately, Elizabeth Howell from Arizona saw a video about Chi Chi's plight online.

"She stole my heart," Howell said, taken by how Chi Chi was still wagging her tail despite her injuries. After seeing Chi Chi's perseverance and her will to live, Elizabeth and her family took on the challenge. There were struggles as Chi Chi learned to trust people again, but with time, Chi Chi found peace and joy with her new family.

"She exemplifies resilience and forgiveness and willingly shares her love and compassion in abundance," Howell has said. "Her sweet-tempered and gentle spirit opens people's hearts and her perceptive spirit senses where her love is needed."

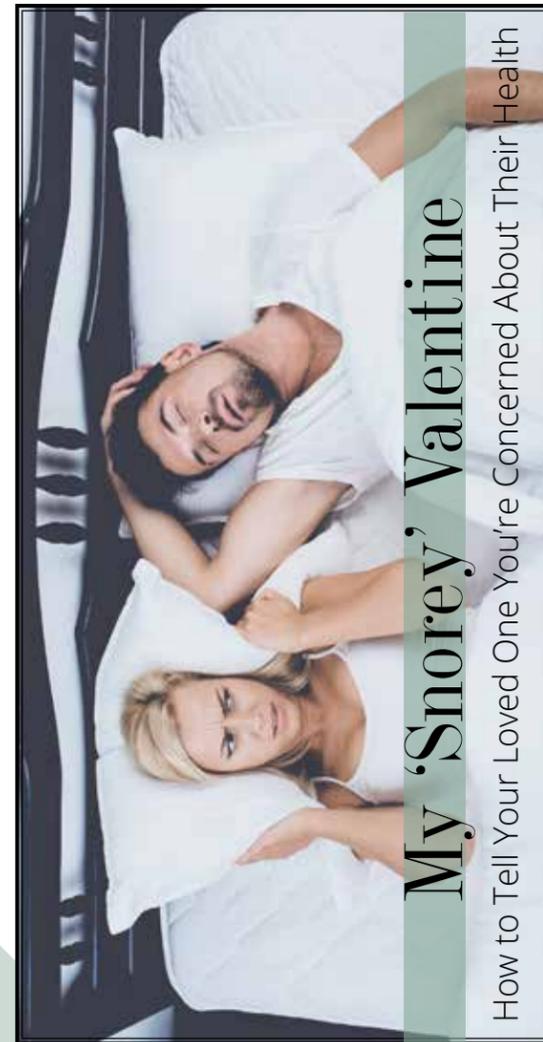
Chi Chi's vet has called her a "miracle dog," referring both to the fact that she survived losing all her legs and to the joy she brings to the world. Today, Chi Chi is a registered therapy dog, offering strength, love, and support to those who need it most. She visits VA hospitals, assisted living facilities, and children with disabilities.



To celebrate her journey of survival, courage, and love, Chi Chi was honored with the American Humane Hero Dog Award in 2018. You can follow the adventures of this brave, loving canine at [Facebook.com/ChiChiRescueDog](https://www.facebook.com/ChiChiRescueDog).

## My 'Snorey' Valentine

How to Tell Your Loved One You're Concerned About Their Health



You've tried everything from gentle nudges to specialty pillows to get your loved one to stop snoring, but nothing seems to stop the chainsaw noises coming from their nose each night. Does this sound familiar?

If so, your loved one may be suffering from a form of disoriented breathing called sleep apnea. Everyone is susceptible to occasional snoring, but patients with sleep apnea, will snore frequently because they are consistently not breathing properly while they sleep. Sleep apnea can cause a plethora of other serious health conditions — even heart disease — so talking to your partner about a possible diagnosis and treatment is crucial. Follow these tips for a successful conversation.

### Be Prepared

Gather information on the diagnosis and treatment options before broaching the subject with your partner. Once you begin to express your concerns, make sure they understand that you are only worried about their health. Explain how you believe testing and treatment for sleep apnea could help both of you sleep better at night.

### Prove It

Some people need to see it to believe it. Rather than sneaking around with an audio or video recorder, ask your partner if they would like to experience what you're witnessing each night, and, with their approval, record their sleeping patterns. (Tip: SnoreLab is a great free app for something like this!) Often, people will be shocked to see they stop breathing many times during their sleep and will want to do something about it. Be prepared to support them as they process this new information.

### Join Them

Suggest joining your partner as they make changes to mitigate their sleep apnea. Offer to help them parse out which treatment plan is best for them, or go shopping for their new CPAP or oral appliance together. Cook a healthy meal together and suggest nightly walks, as healthy diet and exercise can improve sleep apnea. Your partner may be hesitant to change their lifestyle at first, but if you're willing to join them, they may become more open to change.

Having this conversation with your loved one can be difficult, but it could also be life-saving. Learn more about sleep apnea and treatment options from Highland Springs Dental Care's experts. Call 951-769-1616 for more information.



## Click ... Click ... Click ...

WHAT DOES THAT CLICKING IN MY JAW MEAN?



You'd expect to hear clicking and popping when you crack your knuckles, but when the noises start coming from your jaw, your joints may be telling you that something more serious is going on.

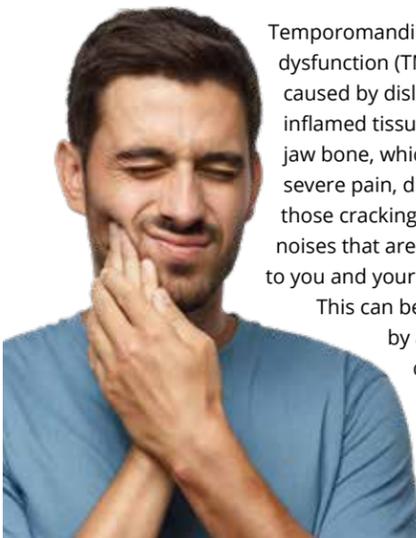
capsule. In some cases, patients with TMJ disorders have also reported chronic headaches, hearing loss, nausea, and limited jaw movement. Unfortunately, anyone is susceptible to TMJ disorder at any time, as it can be caused by anything as simple as clenching your teeth during a long car ride.

Though treatment options have improved over the years, most often we are working to find ways to help keep the joint as happy as we can in its damaged condition. You can ease the pain and side effects of TMJ disorders by changing your home habits, including adhering to a new resting jaw position, and practicing custom exercises for your condition.

A general rule when it comes to a clicking or popping jaw is to note the frequency and pain associated with it. If this is the first time you have noticed the clicking, it may be nothing more than a one-time dislocation. We can help to keep this from becoming a regular occurrence. We'd love to help you decide if and when intervention is right for your symptoms. To learn more about Highland Springs Dental Care's treatment options for TMJ disorders and headaches, call 951-769-1616.

Temporomandibular joint dysfunction (TMJ) is often caused by dislocated and inflamed tissues near your jaw bone, which can cause severe pain, discomfort, and those cracking and popping noises that are so audible to you and your loved ones.

This can be prompted by arthritis, a dislocated disc, or an inflamed

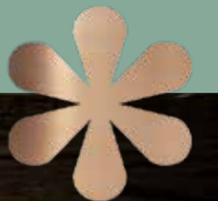


## Have a Laugh



## Sudoku

1		9	2		4			
		7						3
7	8				1			
5			1	3	8			
7	4			8				
		3						6
			3					
6								
		6	2					9



Solution

3	1	5	9	2	6	7	4	8
4	6	2	7	8	1	9	5	3
9	7	8	3	5	4	1	6	2
2	5	6	4	1	3	8	9	7
7	4	9	2	6	8	3	1	5
1	8	3	5	9	7	4	2	6
5	2	7	1	3	9	6	8	4
6	9	4	8	7	5	2	3	1
8	3	1	6	4	2	5	7	9