

# Health & Wellness Newsletter



## Physical Health

**Choosing a Toothbrush: Manual vs. Electric**  
**In the long run, experts say, technique is more important than brush type for good dental health.**

The electric toothbrush has become very popular in recent years and some say it provides superior dental care. But how does it actually stand up to good old-fashioned manual brushing? “The idea of a toothbrush is to remove plaque and to stimulate the gums,” explains John Ictech-Cassis, DDS, DMD, clinical associate professor at the Boston University Henry M. Goldman School of Dental Medicine. “Most toothbrushes will keep the teeth clean if you know how to use them.”

### Manual Toothbrushes: A Classic Route to Good Dental Care

“There are many advantages to the manual toothbrush,” says Dr. Ictech-Cassis. “We’ve been using this toothbrush for many years. It has a good track record.” Advantages include: Cost and availability. “It’s inexpensive and accessible,” says Ictech-Cassis. “This is the toothbrush that the majority of dentists give away.”

Easy to travel with. “It’s easy to take a manual toothbrush with you when you travel. It’s not bulky like an electric toothbrush.” Puts less pressure on teeth and gums. “You can feel [how much pressure you’re using] as you grasp the toothbrush,” Ictech-Cassis notes. “This helps you to avoid putting too much pressure on your teeth. With an electrical model you can’t feel that as well.” Placing too much pressure on your teeth can wear away at the tooth enamel, causing pain, sensitivity, and an increased risk of tooth decay.

Good for kids. Even young children can use manual brushes safely and effectively once they’ve learned how, Ictech-Cassis points out.

### Electric Toothbrushes: Recommended in Some Cases

Nevertheless, Ictech-Cassis admits that there are some situations where an electric toothbrush has clear advantages. “We recommend it for people who can’t do a good job with a manual toothbrush,” he says. For older people or people who have less manual dexterity, like those who suffer from arthritis, the electric toothbrush may clean more effectively, says Ictech-Cassis.

### How Often Should You Get a New Toothbrush?

Whether you choose a manual or an electric toothbrush, choose one with soft bristles and be sure to change the bristles on the electric brush when they become worn down. “Bristles are very important,” Ictech-Cassis says. “Brushes need to be replaced every three months or when the bristles are no longer straight and firm. In that condition, they will not clean the teeth as well as they should.”



## Healthy Dessert Recipe

### Thick and Rich Hot Cocoa

Rich, creamy, and thick enough that you may want to scoop it with a spoon, this European-style drinking chocolate is something different from the usual hot cocoa. Serve it in a demitasse or espresso cup for an elegant treat.

2 1/4 cup(s) nonfat milk  
1/2 cup(s) unsweetened cocoa powder  
1/4 cup(s) sugar  
1 1/2 tablespoon(s) cornstarch

Combine milk, cocoa, sugar, and cornstarch in a large saucepan. Cook over medium heat, whisking often, until steaming. Continue to cook, whisking constantly, until it comes to a boil, then remove from the heat.



## Quote of the Week

**There’s no problem  
that friends cannot  
confront, combat, plot against,  
ignore, make fun of,  
drown in chocolate sauce  
or run over with the car.**



## Spiritual Health

Precious Lord Jesus, I love you.

As my Lord and Savior, I love you because you express your kindness to me in innumerable ways.

When I am tired, your love touches me.

When I am exhausted, your love renews me.

When I am hopeless, your love fuels my hope.

When all the small things in my life have irritated me until I am crazy, you come and speak to me in your kindness, caring, and compassion.

May I not only hear your voice of kindness, may I also be empowered to show your kindness to others as they also seek to hear you and know your love.

All these things I humbly pray in the name of my most Blessed Lord Jesus Christ  
Amen



## Emotional Health

### **Creativity Can Keep You Healthy**

If you've ever wanted to take singing, dancing, or knitting lessons, you've got a perfect reason to start: Creativity reduces stress and keeps you healthy.

Is there something you've always wanted to learn, like singing, dancing, or acting? Or perhaps you have a love for horses and want to take riding lessons? Don't brush it off as a silly extravagance or something you just don't have the time or money for — giving into your creative desires is not only fun, it's also good for your emotional health.

Creativity is important for a number of reasons, including:

- It's fun and enjoyable. Doing things that you like reduces stress and improves overall well-being.
- It stimulates the brain. Creativity sharpens the brain, which can stem the advance of dementia in old age.
- It boosts self-confidence. Trying new things can improve self-confidence and make you a more interesting person.

You already know that all work and no play do not make for a healthy life — and can result in a pretty unhappy you. But that also doesn't mean that all play and no work is good either, and that's why striking the right balance is so important.

### **Creative Thinking: Making the Most of Your Time**

During your "you" time, do anything that you enjoy or anything that's new and different to you. Make it something that's challenging, stimulating, and that you look forward to. Here are some good ways to challenge your brain, learn new skills, and get your creative juices flowing:

- Write in a journal or do some creative writing
- Take a knitting, crochet, or cross-stitch class
- Visit the theater
- Take a dance class
- Listen to lectures
- Go back to school and take some academic or other classes of interest to you
- Tackle a crossword puzzle
- Take up gardening
- Take a painting or sculpture class
- Learn yoga or tai chi
- Take a cooking class

Most importantly, whatever you decide to do, make it fun. Sure, it's one more thing to add to your busy schedule, but taking time for creativity is one of the best investments you can make for your body and spirit.



## Joke of the Week

I love deadlines. I especially like the whooshing sound they make as they go flying by.

I'm not into working out. My philosophy: No pain. No pain.