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Can You Handle the Truth???

Father's Day is not a modern invention. It was first celebrated by a Babylonian youth named Elmesu, who carved a father's Day card out of clay, around 4,000 years ago. His special card was to wish his father good health and long life.

JOKE of the Month

I'm on a whiskey diet.
I've lost three days
already.



June 2020



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Exercise has the ability to heal the mind and restore the soul. Research shows that running and walking can be as effective as taking medication for mild to moderate depression and anxiety. It can also have a positive impact on our diet and sleep, which is often impacted when we're feeling stressed.

Adding something else to our already jam-packed schedules can seem daunting, but with all of the positive benefits exercise can have on our overall health, it's worth taking the time to do something for yourself.

Make sure you're taking the necessary steps to nourish your body and help protect yourself from injury prior to and following a run. Here are a few tips to help:

• **Eat nutrient-rich foods:** When planning out your day and run, ensure that the foods you are choosing are nutrient-rich – such as whole-grains, lean proteins and fruits and vegetables – as this will help to fuel you through your training and daily activities. Proper nutrition is also important for muscle recovery and avoiding injuries, as well as preventing early fatigue when running.

• **Stay hydrated:** Hydration can be key to your success. While sports drinks and chocolate milk can be tempting after exercise, water should really be your drink of choice.

• **Recover to prevent injury:** Be sure to eat a snack with protein and carbohydrates to help repair, build and maintain muscles and refuel glycogen stores within 30 to 60 minutes of finishing your training. Sometimes solid foods can be difficult to eat after a race; if so, try a smoothie.

• **Set a goal for yourself:** Sign up for a run in your local community. There is nothing better than being cheered on for doing your best. While some runners can be competitive, most people participating have a wide range of abilities and some even walk from start to finish.

HIT THE GROUND RUNNING

Tips, Tricks and Trends

4 WAYS to prepare for and protect yourself during extreme heat.

Whether you're stuck in the office or spending a long weekend at the cottage, extreme heat can surly put a damper on your day. To stay cool and safe, follow these simple tips:

Know the signs of heat illness

For heat exhaustion, this includes high body temperature, confusion, muscle cramps, dizziness, nausea, headache, rapid breathing and heartbeat, and decreased urination.

The signs and symptoms of heat stroke, a more serious condition and a medical emergency, can overlap with those of heat exhaustion. They include high body temperature, confusion, lack of coordination, dizziness and fainting. In classic heat stroke, a person doesn't sweat but may show very hot, red skin; however in exertional (associated with exercise) heat stroke there may be profuse sweating.

Take breaks

Spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot such as a shopping mall, grocery store, place of worship or public library. If you're

at home or at a community center, take cool showers or baths to feel refreshed.

Keep your home cool

If you have an air conditioner with a thermostat, keep it set to the highest setting that is comfortable - somewhere between 22 and 26°C. If you are using a window air conditioner, cool only one room where you can go for heat relief. You can also block the sun by closing awnings, curtains or blinds during the day. If safe, open your windows at night to let the cooler air into your home.

When it comes to cooking, prepare meals that don't need to be cooked in the oven - opt for salads, sandwiches or grilling something outdoors under the shade.

Pay attention to how you and those around you feel

Frequently visit neighbors, friends and older family members, especially those who are chronically ill or live alone, to make sure that they are cool and hydrated. Never leave people or pets in your care inside a parked vehicle or in direct sunlight.



Fun Facts

That'll Astound Your Friends

• **The Sun's surface temperature** is around 5500 degrees Celsius (9941 degrees Fahrenheit), so pack plenty of sunscreen if you plan on visiting (remembering that the average distance from the Sun to the Earth is around 150 million kilometers).

• **One million Earths could fit inside the Sun.** If a hollow Sun was filled up with spherical Earths then around 960,000 would fit inside. On the other hand if these Earths were squished inside with no wasted space then around 1,300,000 would fit inside. The Sun's surface area is 11,990 times that of the Earth's.

• **Sunspots** appear on the surface of the Sun and look dark because of the lower temperatures near it.

What to know about TOOTH CAVITIES

Cavities are holes that develop on teeth as a result of decay. They can cause symptoms including toothache. Without treatment, cavities can worsen over time and cause other problems. Practicing good oral hygiene is the best way to prevent them.

Tooth decay occurs from a buildup of dental plaque in the mouth. This can damage the tooth structure over time. It is possible for this damage to become permanent. Holes can then develop on the tooth, and these holes are what tooth cavities are. Several treatments, such as fillings, are available. However, the most effective way to treat tooth cavities is to prevent them from occurring in the first place. This is possible by keeping the mouth and teeth clean. It will also help to avoid certain foods, such as those high in sugar. Consuming too much of these foods can cause the buildup of plaque that leads to tooth cavities.

Causes

Unlike most bottled waters, tap water from public systems usually contains fluoride, a key mineral that can

help strengthen the enamel in your teeth. In fact, putting fluoride in the community water supply is "the single most effective public health measure to prevent dental decay," according to the ADA. Plus, drinking water can help rinse away the cavity-causing bacteria from food that might be lingering on your teeth, Dr. Harms says.

Symptoms

The main symptom of a tooth cavity is the hole itself, the size of which can vary. It is possible for cavities to occur without any further symptoms. In cases where other symptoms occur, they may include:

- white, gray, brown, or black spots on the teeth
- toothache
- tooth sensitivity
- bad breath

Without treatment, bacteria can spread to softer tissues inside the tooth. This can speed up tooth decay and cause toothaches to worsen. This can also lead to infections.



iPod Playlist

Many of our patients have commented that our background music selection is like no other. All of our team have contributed their favorites to our iPod playlist. Here's another fun playlist for the times:

- *All By Myself*, Eric Carmen
- *Alone Again (Naturally)*, Gilbert O'Sullivan
- *Can't Touch This*, MC Hammer
- *Dancing With Myself*, Billy Idol
- *Don't Stand so Close to Me*, The Police
- *End of the World as We Know It*, REM
- *Every Breath You Take*, The Police
- *Fever*, Peggy Lee
- *Gimme Shelter*, Rolling Stones
- *Go Your Own Way*, Fleetwood Mac
- *I Will Survive*, Gloria Gaynor
- *In My Room*, Beach Boys
- *In the Air Tonight*, Phil Collins
- *Keep Your Hands to Yourself*, Georgia Satellites
- *So Far Away from Me*, Dire Straits
- *Stayin Alive*, Bee Gees
- *Take My Breath Away*, Berlin
- *The Cure*, Lady Gaga
- *Too Much Time on My Hands*, Styx

Thank you Kirk in the Hills Seniors!

Barbecue Chicken Calzones

Ingredients:

- 6 strips bacon
- 1 Tablespoon extra virgin olive oil
- 1/2 cup diced red onion
- 4 boneless skinless chicken breasts (cooked & shredded)
- 1 (16 ounce) bottle barbecue sauce (divided)
- 1 (16.3 ounce) package refrigerated biscuits
- 1 cup shredded Mozzarella cheese
- 2 Tablespoons fresh cilantro (chopped)

Directions:

- Preheat oven to 400 degrees. Fry bacon in a large skillet over medium-high heat until crisp. Remove bacon from pan, blot with paper towels and crumble.
- Add onion and shredded chicken to a pan with olive oil. Saute over medium heat until onion is tender. Stir in 1/2 cup barbecue sauce and remove from heat. Mix in crumbled bacon.
- Flatten out biscuit dough on a greased cookie sheet. Spread a teaspoon of barbecue sauce on each biscuit. Divide the chicken mixture between the biscuits, spreading on only half of each biscuit and keeping 1/2 inch away from the edge.
- Sprinkle cheese and cilantro over top of each biscuit. Fold biscuits in half and press the edges together with a fork to seal.
- Bake for 12-14 minutes, or until golden brown. Serve with additional barbecue sauce for dipping.



8 min Prep Time 12 min Cook Time 20 min Total Time

Life Hacks: Better, Faster, Easier Solutions To Life's Little, Everyday Problems >>>

SOLUTIONS FOR HOSTING AN EFFORTLESS SUMMER BARBECUE

One of the best parts of summer is enjoying some delicious food from the grill with excellent company. And hosting your own event for friends and family doesn't have to be a stressful or expensive endeavor.

Use these *ideas* to throw a party everyone will enjoy.

Keep it simple. Don't overthink your menu or overcomplicate your life - when it comes to barbecues, most of us love simple, tasty classics. So, think quality not quantity. Pick one or two meat options for grilling, an easy veggie option like grilled eggplant or Portobello mushrooms, a nutritious salad and corn on the cob.

Plan for the weather. You never know what a beautiful summer day will bring, so be sure to have some sunscreen, hats and plenty of water if it's a scorcher as well as some blankets and extra hoodies if it's cooler. And don't forget citronella to keep the bugs at bay and umbrellas to provide shade from the sun or shelter from the rain.

Snap plenty of pics. What's a great barbecue without some Instagrammable photos of food and fun? Be sure to capture your memories with high-quality photos that you can share and store as keepsakes.



Fun, Silly & Inspiring Quotes

"When I hear somebody sigh, 'Life is hard', I am always tempted to ask, 'Compared to what?'"

- Sydney Harris

"Sometimes me think, 'what is friend?' and then me say, friend is someone to share the last cookie with."

- Cookie Monster

"The elevator to success is out of order. You'll have to use the stairs, one step at a time."

- Joe Girard

"Just cause you got the monkey off your back doesn't mean the circus has left town."

- George Carlin