

Summer—In traditional Chinese Medicine

High summer, from the summer solstice of June 21 to mid-August, is the season of “Fire” in Chinese Medicine

During the summer months, life is at its most expansive. The sun is at its highest, food is abundant, and all plant life is full of vital life force. The element of summer is fire, the associated color is red, and the energy of fire is connected to the heart and small intestine. The hours of the day when the Heart is most active are between 11 a.m. and 1 p.m.; small intestine is 1 to 3 p.m.

Fire's emotion is joy, and its taste is bitter. The Fire element controls circulation via the heart, as well as separating the pure from the impure through the small intestine. The Mind and Spirit (*Shen*) reside in the heart, and Fire rules memory,

thinking and dreaming. Imbalances of the Fire element may appear as poor circulation, chest pains, poor memory, insomnia, speech disorders or mental illness. When the fire element is imbalanced, we may either lack joy (depression) or have an excess of joy (mania). A top priority should be given to the heart, mind, and spirit for staying healthy in summer.

Summer is the season of yang, a time when the body undergoes vigorous metabolic (body energy) processes. Several thousand years ago, The Yellow Emperor's Classic of Internal Medicine put forth the principle that one should cultivate the yang energy in spring and summer, while protecting the yin energy in autumn and winter.

Live Life to the Fullest
The heart's main function is to pump oxygen-rich blood through the body. Because of the associa-

tion between summer and mental health in Chinese medicine, this is a time to nourish our spirits, and to realize our life's greatest potential as we find joy in the long, hot summer days and warm summer nights.

When the fire element is in balance, the heart is strong and healthy, the mind is calm and sleep is sound.

Tips for Summer Health

To prevent summer ills and remain in harmony with the environment of summer, ancient Chinese physicians advised:

- *Awaken earlier in the morning.*
- *Go to bed later in the evening.*
- *Rest at midday.*
- *Drink plenty of fluids.*
- *Refrain from anger; keep calm and even-tempered.*

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Common Dental Emergencies in Children

by Leigh Vitukinas, RDH, BS, Fones
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According to the American Academy of Pediatric Dentistry, dental trauma is extremely common in children especially during the summer months.¹ Children are more active during this time of the year with such activities such as swimming, skateboarding and general outdoor fun. One of the most common dental emergencies amongst children is swimming pool accidents. Swimming underwater and quickly coming to the surface causes some children to hit the ledge, loosening a front tooth. Diving into shallow water and hitting the bottom can push the tooth up, causing a fracture or loss of a tooth.¹

Injuries to teeth and their supporting structures can be classified as fractures, lateral or extrusive luxation (loosening and displacement of the tooth), intrusion (displacement of the tooth vertically into the alveolar bone), and avulsion (complete displacement of the tooth out of its socket).²

Every tooth has a protective layer surrounding the root, which is called the periodontal ligament. The periodontal ligament is very sensitive, and will quickly dry out and die - unless the tooth is immediately placed in a protective solution, such as milk or saline. With every minute that the tooth is left out of the mouth to dry, more cells in the periodontal ligament will die. (Continued page 3)



Summer can bring stress

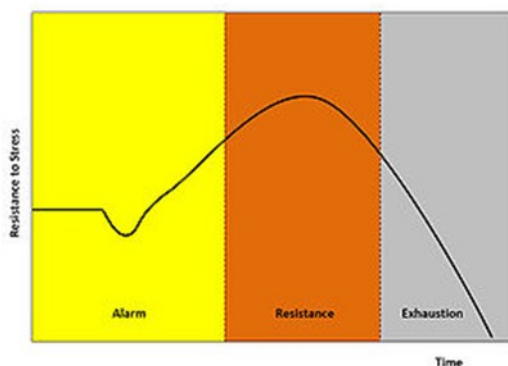
By Dr. Barbara Siminovich-Blok

Stress management is one of the most difficult issues we have to deal with as students, teachers, patients... or just by our nature of being human and dealing with different emotions, obligations and frustrations. We have all heard a lot about the word “stress”; we use it indiscriminately every time we feel tense, can't sleep or have a lot of things to do.

But what is stress? It is a term coined by Hans Seyle in the 1930s. It is the consequence of the failure of an organism to respond appropriately to emotional or physical threats, whether actual or imagined.

Acute stressors affect an organism in the short term; chronic stressors over the longer term. Stressors can be internal, like fear or uncertainty; or external, like traffic, weather disasters, divorces, deaths and so on. When this happens, our neuro-endocrine system, secrete signals that induce a flight or fight response but often have no way to discharge all that energy generated.

Chronic stress is usually more harmful to the organism and its effect can be explained by Seyle's General adaptation syndrome.



Alarm is the body's first stress response when a threat or stressor is identified. Activation of the Hypothalamic–pituitary–adrenal axis will produce adrenaline and cortisol. The second stage is **resistance**, the body begins to adapt to the strains or demands of the persistent stressor, but this can't be kept indefi-

tely, so its coping resources are gradually depleted. The final stage is **exhaustion**, most of the body's resources eventually get depleted and it is unable to maintain normal function. Initial autonomic nervous system symptoms may reappear (sweating or raised heart rate for example). Long term damage reduces the capacity of glands (adrenal primarily) to function and exhausts the immune system, which may result in different manifestations such as ulcers, depression, diabetes, and digestive system or cardiovascular problems, So what to do?

Exercise improves serotonin and dopamine release in the brain which produces a sense of wellbeing. Dancing, running or joining a sports class are accessible resources. Meditation is also a calming tool.

Chinese medicine: Acupuncture has shown in studies and practice to help relieve stress. Tai Qi and Qigong are martial arts that can help you relax, balance and increase muscle tone.

Naturopathy: There are several tools to treat chronic stress ranging from basic hydrotherapy protocols, to rearranging the diet, analyzing neurotransmitter imbalances and supplementing the missing pieces. Herbs, like Ashwaganda, Ginseng, Rhodiola and others that may restore the adrenal gland balance and other endocrine functions affected.

Any holistic practice should analyze the whole picture and provide a specific protocol to each patient to restore the body, spirit and mind. In between, exercise, meditation, analyzing the causes and possible remedies to the different stressors of your life are basic steps you can do for yourself and will go a long way in managing your stress levels and preventing disease.

1. *The Stress of Life*, Hans Selye, New York: McGraw-Hill, 1956.

Summer Tips from the Chiropractic Department

The long cold winter and unstable spring weather have finally given way to the sunshine and warmth of the summer. Now you can put into practice all those activities you thought about during your hibernation since last summer. While sunshine, good weather and exercise are all good for your body, mind and spirit, it is important to use common sense when initiating your summer fun.

Gradually build up the amount of exercise you perform. Whether you work out for a specific amount of time, walk specified distance, or do repetitions of exercise for different muscle groups, build up to your desired goal gradually. Your muscles and cardiovascular system need to become accustomed to your exercise schedule. You should not go from no exercise to an hour of exercise in one day. You might wish to build up to an hour of exercise daily by increasing your workouts in fifteen minute increments over two weeks. The same is true for walking, if you want to walk a mile at a time, start out by walking a quarter mile, then increasing the distance gradually until you are able to walk one mile.

Remember to protect yourself from too much direct sunlight. Use the appropriate sun block you need, if you are unaware of what type you need, ask your health care provider.

Also remember to drink plenty of fluids. In summer, we tend to sweat more because of the temperature. Exercising in hot weather will increase our need to cool our bodies (sweat). However, if we do not replace the fluids we are losing, we can experience problems, such as dizziness, headaches and palpitations.

Be smart and enjoy the summer!



Dental Emergencies (continued)

After 15 minutes of dry storage, irreversible damage to the periodontal cells (the root covering) occurs. If the cells of the periodontal ligament are allowed to die, the child will eventually lose the tooth. The goal of reimplanting the tooth into the socket is to preserve the health of the tooth's outer periodontal ligament.²

Avulsed teeth are a true dental emergency. Primary teeth are never reimplanted. In the case of permanent teeth, time is of the essence. Immediate on-scene reimplantation is the preferred method of treatment. If the tooth is visibly contaminated, it should be gently rinsed in cold running tap water and then reimplanted. Care should be taken not to touch, rub, or clean the root, which could remove periodontal ligament fibers and reduce the chance of successful reimplantation. The patient should then see a dentist immediately for a complete evaluation.¹

In the event of a dental trauma emergency, it is important to seek dental care as soon as possible. A proper examination by a licensed dental professional will include a thorough medical history, dental history, physical examination, extra oral examination, intraoral examination, radiographic examination and photographic documentation. The clinical evaluation will evaluate tissue trauma, tooth loosening, fracture and disturbance in bite or other signs of bone fracture.

While we all like to have fun in the sun, let us remind ourselves to use caution when playing, swimming or running on slippery decks to avoid dental emergencies. At the end of the summer, why not schedule a preventive dental appointment for you and your family at Fones Dental Hygiene Clinic. We'll take good care of you and help you focus on a healthy smile. **Please give us a call at 203-576-4137 after August 30th.**

¹ ALAN B. DOUGLASS, M.D., JOANNA M. DOUGLASS, B.D.S., D.D.S., "Common Dental Emergencies." *American Academy of Family Physicians* (2003): 511-517.

² JA Lipton, Larach-Robinson D. "Estimated prevalence and distribution of orofacial pain in the United States." *Journal of American Dental Association* (1993): 115-21.

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The dispensary can be reached at 203-576-4298. Hours and Fee information for all clinics may be found at www.bridgeport.edu/pages/4410.asp

Salad Days: Eating Under the Sun—Chinese Medicine

In summer, indigestion can easily occur, so a light diet, low in fats, is strongly recommended. It is the perfect season to introduce some cool, yin foods into your diet. Chinese nutrition classifies food according to its energetic qualities of temperature, taste, and ability to moisten and strengthen the body. Food with cool and cold properties can clear heat, reduce toxins, and generate body fluids.

In general, cooling foods tend towards the green end of the spectrum — lettuce, cucumbers, and watercress are some of the coolest. Few vegetables are warming. Fish and seafood are also cooling, while most meats are warming.

Foods that most enhance the fire element:

- **Grains:** Corn (maize, popcorn), amaranth, quinoa
- **Vegetables:** Asparagus, Brussels sprouts, chives, endive, okra, scallions
- **Beans:** red lentils, chickpeas
- **Fruits:** apricot, guava, strawberry, persimmon, peaches, cherries
- **Fish:** shrimp, lobster, crab
- **Spices:** chili pepper, curry, and spices in general are considered foods that help enhance the Fire element