

YOUR DENTIST CAN SAVE YOUR LIFE

# Staying mentally healthy in our modern world, Part II

By Dr. Gabrielle Cannick

In our previous feature we discussed the emotional health implications of our “24-7 plugged in” lifestyle. There are huge advantages to technology, to be sure. As a professional my smartphone has become indispensable — enabling me to be more accessible to my patients.

But the experts are warning there are risks associated with this technology. Being aware arms us so we can make informed decisions — and hopefully exert the proper influence on our children. For example, according to research 59% of those age 18 to 34 text while driving. There are studies of compulsive cell phone usage, i.e. constantly checking your phone, resulting in poorer attention inhibiting a person from staying focused and vulnerable to distractions.

There is now a clinical term for a psychological attachment to the cell phone. It's called “nomophobia” (short for no-mobile-phone phobia). Psychologists say that it's affecting more and more young people. Symptoms



Dr. Gabrielle F. Cannick

include feelings of panic or desperation when separated from your smartphone, some may even think their phone is ringing when it's not.

Experts do offer recommendations for modifying our behavior to achieve a healthier mental state and fulfilling emotional freedom through more responsible use of cell phone technology. Some are even suggesting we take a “digital sabbatical” — parking our cell phones one day a week. I cannot say I am willing to go this far considering my professional responsibilities. However, if you find yourself checking your cell phone excessively you might do some soul-searching.

Here is practical advice from the experts as you assess your need for and use of your smartphone: (1) Simply turn off your phone at certain times of

the day. For example, during meetings, dinner, playing with your kids, and certainly driving; (2) remove social media apps like Facebook and Twitter from your phone. Use your laptop instead; (3) Try to keep to 15-30 minute intervals for usage at set times of the day so as not to affect your family life; (4) Do not bring your cell phone to bed; (5) focus on healthier things that result in the freedom of not caring about what's going on online and not following your impulses. Alternatives for your time:

- De-clutter your home, your car, your office, or your computer files.
- Start learning something new like cooking or playing a musical instrument.
- Spend time on a hobby you enjoy.
- Practice stillness. Take your time — do something without rushing.
- Exercise, even for a few minutes. If you can't do something more just walk in place to get your heart rate up.
- Read books. Seek out inspiring movies.

Perhaps most important of all rediscover what is increasingly at a premium in our modern world — just being alone with our thoughts. If you have questions, I invite you to call. Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine. For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to [grandoaksdental.com](http://grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.



**For a better night's sleep**

Snoring and Obstructive Sleep Apnea can be treated safely and effectively with the EMA® oral appliance



EMA® works by opening the bite and gently advancing the mandible (or jaw) with elastic straps to increase airway space.

This custom-made oral appliance is only available through dental professionals.

**Ask your dentist if EMA is right for you.**

**\$500 off** of a custom Sleep Appliance

**Gabrielle F. Cannick, DMD, PhD**  
**Grand Oaks Dental, LLC**  
 3905 Liberty Highway, Anderson, SC, 29621  
 Call 864-224-0809 or visit [www.grandoaksdental.com](http://www.grandoaksdental.com)



Get gorgeous with North America's #1 choice.

**Call now for your free consultation at home!**

We're your local, neighborhood experts. And we're also backed by North America's #1 provider of custom window coverings. We do it all for you, measure and install — because we think that everyone, at every budget, deserves style, service, and the best warranty in the business.



Style and service for every budget.™

Blinds • Shutters • Shades • Drapes • Home Automation

**25% OFF**  
 On Selected Window Coverings\*  
\* Offer expires February 28, 2018

**864-332-0612**  
[BudgetBlinds.com/Anderson](http://BudgetBlinds.com/Anderson)

\*Applies to selected window treatments and Enlightened Style products from Budget Blinds. Restrictions may apply, ask for details. Minimum purchase required. Valid for a limited time, not valid with any other offers, discounts, or coupons. Offer good at initial time of estimate only. At participating franchises only. ©2018 Budget Blinds, LLC. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, LLC and a Home Franchise Concepts Brand. Each franchise independently owned and operated.