

YOUR DENTIST CAN SAVE YOUR LIFE

My year-end wish for you!

I try to make a habit of telling people thank you. And to take a moment to truly appreciate those who are in my life. This includes you, my loyal readers. Thank you for reading my column. To those who have responded with thoughtful feedback, be assured it is greatly appreciated.

Like no other in recent memory, this has been a year to appreciate life as a precious gift. I think you would agree our challenge is to remain hopeful for the future and sincerely grateful for what we have. Counting our blessings may sound quaint, but it remains a sound way for us to maintain our balance and, frankly, protect our emotional health. I have read that a key to happiness and emotional well-being is to believe that next year will be better than the last. I embrace this, and I hope you will too. At Grand Oaks Dental we have had a busy and very productive year as our practice continues to expand -- offering our patients and our community...more.

I reference our membership in the

American Academy of Dental Sleep Medicine. So many health issues that can impact our health – particularly in this challenging time – can be traced to poor sleep habits. For example, chronically sleep-deprived people feel lonelier and less inclined to be around or engage with others. In fact, well-rested people often feel lonely after a brief



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encounter with a sleep-deprived person. This shows a two-way relationship between sleep loss and social isolation, suggesting a “loneliness epidemic” may be occurring.

Our practice is also a member of the American Academy for Oral Systemic Health, an organization focused on expanding awareness of the relationship between

oral health and whole-body health. As a dental professional today I feel it is incumbent upon me to bring a total wellness perspective to our patient family – one that transcends traditional dental care. We are moving now into a time of coordinated care that includes both dental and medical professionals.

But, in the present circumstances, what about our emotional well-being? Each of us can practice the tested and proven: (1) Keep moving. It is one of the best ways you can improve your mental health. A simple walk around the block can make a big difference; (2) Eat well; (3) Get enough sleep; (4) Practice gratitude. It can help you change the way you view things. And, lastly, when you feel stressed reach out to a friend or family member. Get your thoughts and feelings out in the open instead of keeping them bottled up inside. There is a saying I like: “Let our resolution be this: We will be there for one another as fellow members of humanity, in the finest sense of the word.”

- Goran Persson. Thank you, again, dear readers. If you have questions, please 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 www.grandoaksdental.com or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

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