

YOUR DENTIST CAN SAVE YOUR LIFE

What are we learning about living happier, healthier lives?

One of the wonderful things about the human body is its resilience. From the moment we turn away from bad habits and embrace a new path to healthy living our bodies respond.

That is why I keep abreast of developments in our understanding of human mental and physical health (including dentistry) from trustworthy sources -- and then pass it on. The more I learn the more I realize that we live in an age of extraordinary human advancement -- and living standards earlier generations could only dream of. The question is in this expanding knowledge base, are there practical things you and I should consider incorporating into our daily lives?

Let's consider. Experts who are students of this subject talk about "protective factors" in healthy aging. In short, the more of these

factors one has in place, the better the odds for longer, happier lives. Here they are:



Dr. Gabrielle F. Cannick

1. Act old later. Continually challenge yourself to try new things, learn new ideas, and develop new skills. Realize most human abilities follow the "use it or lose it" rule.

2. Future proof yourself. Regular physical activity, eat

sensibly, avoid alcohol abuse and smoking, strive for mature decision-making to cope with life's ups and downs, maintain a healthy weight and stable family relationships.

Aging is a continuous process. Take care of your body as though you were going to need it for 100 years.

3. Seek "Every Day Joy". A simple and straightforward daily practice that is free of charge and brings happiness. Joy is always accessible to us no matter how tough our circumstances may be. Tapping into joy, even for a few moments, can boost your mood and remind us life is a gift.

4. Take a day off from technology. Make it a weekly practice with your family to turn off all technology for 24 hours and focus on being with each other.

5. Speak to yourself with kindness. A wise man once said value yourself and others will value you.

6. Relationships matter. Our relationships and how happy we are in those rela-

tionships can influence our health. Taking care of your body is important -- but tending to our relationships is a form of self-care too.

And lastly, be sure to take care of your oral health. Brush twice a day and floss daily. Poor oral hygiene has been linked to serious health issues. Call with questions. 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 or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

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