

FOREVER SMILES

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BRACKET CHATTER

Official Newsletter from Dr. Yan Razdolsky Specialist in Orthodontics for Children & Adults

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O R T H O D O N T I S T

FOREVER SMILES

FALLING BACK: Surviving Daylight Saving

Sunday, November 4, marks the end of daylight saving Time and that means shorter days. Not really... but it does seem like the days are shorter. That makes some question, is daylight saving bad for our health?

It is known that sunlight has a powerful effect on our body and minds. Did you know that Vitamin D is the oldest of all hormones? It is critical to several health functions, and if deficient, can cause a number of systemic complications including heart disease, diabetes, immune deficiency and more. In orthodontics, laboratory studies have revealed some evidence that Vitamin D even enhances tooth movement and the stability of the tooth position!

It is interesting then, that now researchers are looking for a correlation between the end of daylight saving and depression. So what factors might be at play? Although the exact reason for seasonal depression is up for debate, researchers suggest that similar to how the shift from standard time to daylight saving has a profound effect on the body, it may also impact our psyche.

Although studies do not identify the exact mechanism responsible for time change-related depression it is believed the manipulation of light and dark hours may have something to do with it. We

(cont'd on back)



Dr. Yan Razdolsky &
the Forever Smiles Team
invite you to

WITNESS THE MAGIC this Holiday Season




Please bring a guest and join us at a private screening of

FANTASTIC BEASTS THE CRIMES OF GRINDELWALD

Saturday, November 17 at 11:30 a.m.

Buffalo Grove Theaters
120 Mc Henry Road
(located in Buffalo Grove Town Center)

Visit our website or follow us on
 for more details!

TRAVELLING ORTHO



In most countries the cost of braces will depend on the position of your teeth and the going rate in the area. Exceptions being only if you have a challenging case, jaw or health-related issues, or are seeking treatment from a specialist who provides cosmetic orthodontics. But did you know in some countries, braces are set at a fixed cost or even covered by universal healthcare? In some cases, this changes the entire course of treatment. For example, can you believe for some practitioners, the selection of appliance and or materials are based solely on keeping the patient in treatment longer???

Thankfully, Dr. Razdolsky and Anna didn't meet any such Orthodontists on their most recent trip to Spain. But, they did take some time to visit several colleagues overseas and learn about the good standards of practice from leaders in their field. Just another example of how Dr. Razdolsky explores ways to improve patient care at Forever Smiles. 🏠

FALLING BACK : Surviving Daylight Saving

get up, the sun is shining, it's a beautiful thing. But early in the clock change, it's often dark when many of us are just getting home from work. Our "free" time during the week shifts to nighttime activities, or worse yet, no activities at all. Then there are the psychological effects. When we change the clocks, we actually acknowledge the arrival of colder months, plants go dormant or die and the hours of darkness just seem longer.

So how can you combat the end of daylight saving blues?

- Don't sleep in on that first Sunday. Take the extra hour to jumpstart your circadian clock – your body's own unique 24-hour clock that cycles between sleep and awake.
- If you normally exercise after work or school, try exercising earlier in the mornings instead. This can also help reset your clock and keep you energized.
- Get some natural sunlight. Take a walk in the mornings or at lunch. Just get outside. Sunlight also helps regulate your body's internal clock.
- Increase your intake of Vitamin D - it's good for your bones, and teeth.
- Don't rely on carbohydrates for extra energy. The advantage is short-lived.
- Keep your social life going. Don't oversleep or stay in bed. Depriving yourself of morning light won't help.



- Remember to adjust your pets slowly too, as changes in schedule can have huge impacts on their well-being. Start shifting your pet schedule gradually so they don't become upset or have their health affected by your new routine.

Regardless of where you stand in the debate, seasonal depression is a serious issue and the first step for those who suffer with it is to take it seriously and realize they do not have to go it alone. Grab a friend, family member or your dog and seek some sunshine. The Vitamin D is not only good for your soul, but your body and teeth! 🏠

scan here or visit **Razdolsky.com** & click the google icon to get started.



your
FOREVER SMILE
is very important to us
please tell us **HOW WE'RE DOING.**



In Closing

Thank you for being part of our Forever Smiles Family. If you have any questions about this newsletter or anything else, please do not hesitate to contact us at our Buffalo Grove office: 847-215-7554 or via email: yan@razdolsky.com. We look forward to providing you and our community with even more reasons to smile!

Truly,

www.razdolsky.com

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