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GIVING TUESDAY

November 28th, 2017

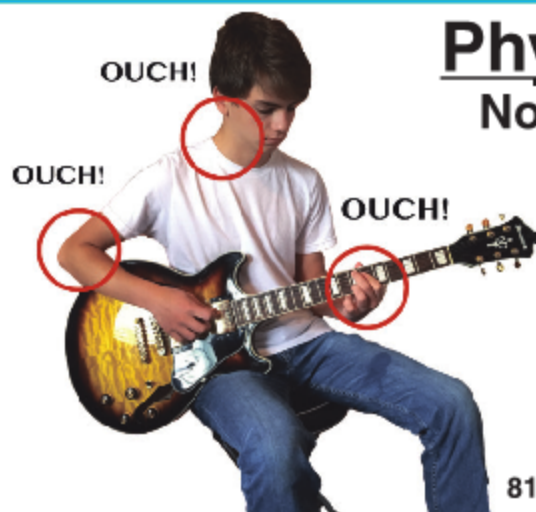
Multi-Media Feature November 28th, 2017

Contact Kelly Montague at kmontague@metroland.com for complete details

Look... for a special
Giving Tuesday insert in your
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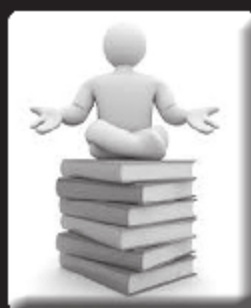
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Why Aren't We More Compassionate?

Studies show that more often than not, the natural human response is to be helpful. Social neuroscience suggests that it is our default wiring to help, particularly if another person is suffering. When presented with this opportunity we are predisposed to offer assistance. Yet oftentimes, we don't. Why?

Experts note that in many cases it can be as simple as how much of a hurry we are in. If our focus and attention is set in another direction, our tendency to behave compassionately is reduced. If we are focused on ourselves and where we need to be, that leaves very little room for us to fully notice the other. It seems we often go around oblivious to what is happening around us.

Could it really be so simple that in order to be more compassionate we merely need to pay attention to our surroundings and the people in them?

Research on the co-relation between mindfulness and compassion has consistently found that mindfulness increases empathy and compassion for others and for yourself. It starts with being mindful and cultivating kindness toward yourself. The practice of mindfulness strengthens our skills of compassion.

Contact Manon Dulude at info@forgecoachingandconsulting.com to learn more about mindfulness.



youngdentistry
SMILE CARE

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Q: Does loud snoring cause painful ribs on one side? I'd asked my wife but she seems exhausted and is barely talking to me anymore.

A: Sounds like you might be experiencing the marital stresses associated with snoring. My guess is that your wife is trying to control your snoring by any means at her disposal, including her elbows.

I'm glad you asked about snoring because dentists, such as myself, can help. Before we talk about what can be done to muffle your chainsaw, it bears speaking about what causes that racket emanating from your head in the first place.

When we sleep, our throat muscles relax and our airway can get smaller. Snoring is the sound of turbulent air and the soft tissue of your throat vibrating.

In cases of simple snoring, it is annoying to your bed partner and can cause stress in a relationship. In cases when the airflow stops or is restricted enough to decrease your blood oxygen levels, it can greatly increase your risk of very serious health problems. We call this serious condition obstructive sleep apnea (OSA).

It is vitally important to find out whether it is snoring or OSA. OSA is a medical condition and a dentist can treat it, but not without coordination with a doctor. If it is simply snoring, it can be treated by a dentist independently.

How do we know what you've got? You can arrange through your doctor to have a sleep study done in a lab or hospital OR you can get a take-home test through a properly equipped facility (such as Young Dentistry). Lots to talk about with this one, including treatment options, so tune in next month for more info.