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**Save the Date**  
for the 9<sup>th</sup> Annual  
**WOMENFEST**  
A Health & Wellness Event for Women

**Saturday, April 29 • 10 am - 3 pm**  
Gary J. Arthur Community Center at Glenwood  
2400 Route 97, Cooksville, MD 21723

INFORMATION • INSPIRATION • IDEAS  
for living a more balanced, healthier and fulfilled life!

- Free Admission
- On-Site Parking
- 100+ Exhibitors
- Dynamic Seminars
- Engaging Workshops
- Important Health Screenings
- Cooking and Fitness Demos
- All Day Door Prizes

Howard County Office on  
**Aging and Independence**  
410-313-5440 (VOICE/RELAY)  
www.howardcountymd.gov/womenfest

If you need accommodations to attend, please call Maryland Access Point (MAP) at 410-313-1234 at least one week prior.

**Howard County Smiles Updates!**

- Dr. Becker was featured in a news piece from Ivanhoe Broadcast for his expertise in occlusion and TMD. It should be released in April. Stay tuned!
- Janelle visited all the kindergarten classes at Triadelphia Ridge Elementary School last month to talk about dental hygiene and how they can take care of their teeth. It was a wonderful, fun day for all!



**Congratulations to Laura H., our February Patient of the Month!**

Howard County Smiles will be at the Womenfest on **April 29**. We will be offering free JVA quick screenings for TMJ. For more information about the event and why we will be attending, tune in to **ABC 2 News on April 26 from 7-7:30 p.m.** They will be airing a "Spotlight on Women" piece that features Dr. Becker and promotes the event.

**WIN A WEEKEND GETAWAY!**

Drawing June 1<sup>st</sup>

Howard County Smiles Family Dentistry

**Refer your family and friends to Howard County Smiles!**

For everyone you refer who comes in for their appointment by **June 1st** you'll get a chance to win this gift basket filled with everything you need for a great weekend away!

**\$300 in Hotels.com Gift cards**

Beach towels	Beach games
Sunscreen	Puzzles
Aloe	Koozies
Lotion	Bubbles
Chips and dip	

All in a fantastic tote bag!

**Why I Love** *Cycling*



It's been a busy year at Howard County Smiles. I've been traveling around the country, to cities like Seattle, Dallas, and Nashville, to teach and lecture. It's satisfying to be able to share my knowledge, but the travel can be exhausting.

I'm also creating a video lecture series through IGI Global. They contacted me to do an online course on occlusion and temporomandibular disorder (TMD) and vetted me to make sure I'm legitimate. (I passed.) I'll share more details on that venture in the future. I also was approached to create a news segment about TMD for a company called Ivanhoe, which syndicates news segments to about 30 million viewers nationwide, so keep an eye out for me on your nightly news.

Outside of work, the weather allows my wife and I to enjoy one of our favorite hobbies – cycling. When the weather is warm, we take our bikes everywhere we go.

Although, I regularly ride year-round, even when it's a chilly 19 degrees. My cycling friends ask, "How do you stay warm?" My answer is simple: "I pedal harder."

I started riding bikes as a boy; but back then, it was about necessity. I grew up in Carroll County, and if I ever wanted to visit a friend, I had to ride my bike – even if it was 20 miles away. At the time, it wasn't something I thought about much. My friends and I would sometimes spend all day pedaling around. If anything, my bike was an emblem of freedom and mobility.

My interest in bicycling declined when I went to college. Who has time to bike when they're going to school? Then, when I married Colleen and started a family, running around to countless family events, I basically did everything except bicycling.

One day, a few years later, I told a friend how my cardiologist said I needed more exercise. I had a gym membership then, but I hated being cooped up indoors watching a television on the wall, which are two of my least favorite activities. He invited me ... to



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# Why I Love *Cycling*.....continued from cover



go mountain biking instead, and I fell in love with it immediately. However, after countless injuries, I found mountain biking is a younger man's sport. Another friend invited me to do a charity road race. I made the mistake of doing the 70-mile trek on my mountain bike, which is like taking a road trip on a tractor. My wife and I decided we loved the road experience and decided to invest in road bikes, and we've been avid 'roadies' ever since.

They say you always remember your first century (100-mile ride), and I'm no different. My wife and I did it together, and a lot of blood, sweat, and tears went into preparing and doing it. For me, there's something about that moment towards the end of an endurance ride when you realize you're definitely going to finish. Usually, it's around 80 miles or so; but sometimes, if it's a particularly hard ride, it can be as late as 95 miles! It's a wonderful, euphoric feeling that keeps me doing endurance rides.

That was my wife's first and last century, and she did great! But, she prefers to bike recreationally, which we both thoroughly enjoy. Going 15 mph is the perfect speed to indulge all of your heightened senses with the ever-changing scenery that cycling provides. I still do as many

century rides as my schedule allows each year, but most of the time we go no more than 60 miles. We love strapping our bikes to our cars and pedaling around downtown D.C., taking them to the mountains, or wherever our camping adventures take us around the country.

When I go cycling with groups in the community, I'm riding with people from all sides of every spectrum – old and young, Democrat and Republican, Maryland natives and first-generation Americans. In the world we live, anything that brings people together and breaks down division is a valuable way to share your time.

I hope the warmer weather allows you to do more of what you truly love. Have a wonderful spring!

- Dr. Becker



## Why so Sensitive? Tooth Sensitivity

Do your teeth get upset when you eat certain foods? Then they might be sensitive. Sometimes that means you feel sharp pains while brushing your teeth or eating hot or cold foods. If this happens to you, you aren't alone. A nationwide survey by Majestic Drug Co., Inc., found that almost 50 percent of adults, age 18–65, suffer from tooth sensitivity.

Tooth sensitivity is treatable. Dr. Ray Becker and your dental team at Howard County Smiles Family Dentistry have a number of treatments to help you fully enjoy your food again. But as we talk about treatments, it's important to ask, where does sensitivity come from?

**Causes of Tooth Sensitivity**  
Your teeth encapsulate a substance called dentin, which is filled with tiny nerve endings. Enamel protects them, but when you feel those pains, it

means the enamel has worn away, leaving the dentin exposed. A number of problems can cause that decay:

- • **Occlusion or bite problems**
- • **Tooth decay**
- • **Tooth grinding**
- • **Poor brushing habits**

It also could be something other than your teeth themselves. Gum recession occurs either from a lack of proper attachment or when the gums are pushed down and away from the teeth, leaving the sensitive roots exposed. You can tell this is happening if they swell or frequently bleed. If you catch it early, you can prevent it from getting worse.

Dr. Ray Becker offers a range of treatments to relieve tooth sensitivity:

- **Invisible restorations to cover the affected areas**
- **Occlusion treatment with occlusal adjustments or possibly Invisalign orthodontics**
- **Protective mouth guards to protect teeth**
- **Gum grafting**
- **Laser gum treatment**
- **Professional dental cleaning**
- **Special toothpaste for sensitive teeth**

To schedule an appointment, contact us at **410-730-4674**. You can also visit us online at [www.EllicottCityMDDentist.com](http://www.EllicottCityMDDentist.com) to see an instructional video and learn more about tooth sensitivity. Dr. Becker can develop an individualized treatment plan to toughen up your overly sensitive teeth.

## April: National Face Protection Month

As sluggers and other athletes gear up to enjoy the warmer weather, it's important that they remember the most important piece of gear: face and head protection.

April is National Facial Protection Month, established by the Academy for Sports Dentistry in 1983. The National Athletic Trainers' Association reports that 12 million people between the ages of 5 and 22 suffer sports injuries every year, and some of the most painful injuries end in the dentist's chair.

The Academy for Sports Dentistry has a few tips to keep that from happening:

1. **Mouth guards are a must.** They're cheap – especially compared to dental repair – and

they even look intimidating to the opposing team. Who can forget that black mouthguard Ivan Drago wears in "Rocky IV"?

2. **Helmets are always helpful.** You need to protect your head and everything inside it, whether you're riding a bike around the block or skydiving from 12,000 feet.
3. **Have 20/20 vision with protective eyewear.** Goggles and sunglasses can make a big difference, especially because eyes are so vulnerable during sports activity.

4. **Face shields save skin – and more.** Don't forego the face masks for the sake of vision. No one can see better after they take an elbow or puck to the face.

5. **Cheer and shout out your support for mandatory protective gear.** If your teammate isn't getting into the spirit of the month, say something about it – even after April is over.

We encourage you to celebrate National Facial Protection Month with your own protective gear. Nothing spoils your fun like chipping or losing a tooth.



## Honey-Garlic Glazed Chicken Thighs

### Ingredients

- 4 skinless, boneless chicken thighs
- 1/2 cup soy sauce
- 1/2 cup ketchup
- 1/3 cup honey
- 3 cloves garlic, minced
- 1 teaspoon dried basil

### Directions

1. Lay chicken thighs into the bottom of a 4-quart slow cooker.
2. In a bowl, whisk together soy sauce, ketchup, honey, garlic, and basil. Pour over the chicken.
3. Cook on low for 6 hours.
4. Enjoy!

Recipe inspired by [bbcgoodfood.com](http://bbcgoodfood.com).

## Laughing Gas

