

On Edge About That Dentist Appointment? Just Relax

Local dentist uses calming technology.

BY MONTIE MARTIN
THE ALMANAC

With all the stress in daily life, going to the dentist for root canals, teeth extractions, and dealing with the side effects of pain-killing drugs can be the breaking point for many.

At the same time, patients who go to Dr. Jay Samuels, a Potomac dentist who practices in Rockville, can't wait to go back for their next appointment.

Samuels employs the science of relaxation to calm fears and make life a little easier for patients. "When patients are relaxed it's better for me," said Samuels. "They sit motionless, there's no gag response, and it makes the whole process more efficient."

Samuels uses a method called NuCalm, a technique that puts the body into the first phase of near sleep before beginning an operation.

NuCalm, which was originally developed to treat post-traumatic stress disorder, works by sending low frequency sound waves into the brain, which jump-starts the sleep cycle, according to David Poole, vice president of sales and marketing of Solace



Patients listen to music that plays low frequency sound waves, jump-starting the sleep cycle before undergoing dental procedures.

Calm Yet?

NuCalm procedures take 45 minutes to reach the effective relaxation stage, which allows dentists to operate smoothly. For more information about the science behind NuCalm visit: nucalm.com/

To set up an appointment with Dr. Samuels call 301-881-4200.

Life Sciences.

"Patients reach this relaxation response very quickly, so there's no need for drug side effects," said Poole.

"I don't like nitrous-oxide, I'm a believer in natural things," said Ellen Van Bergen of Potomac, one of 52,000 patients who has tried NuCalm. "Most times I go to the dentist I'm in a state of panic, NuCalm took the



Dr. Jay Samuels treats a patient using NuCalm.

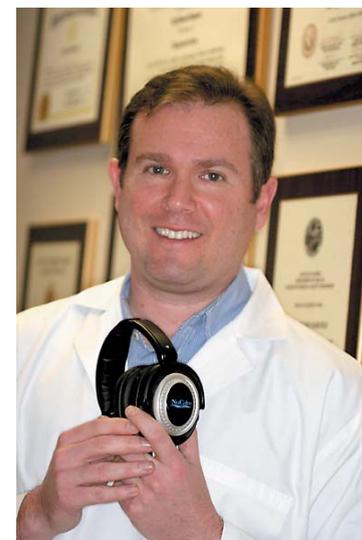
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— Dr. Jay Samuels

edge off."

NuCalm hit the dental world in 2010 following a year of feedback from patients, and there is room to improve the technique. Only a handful of music styles incorporate the appropriate sound waves that meet the qualifications. This can be a problem for those who don't like classical music.

"We're constantly refining and improving the process, and hope to get to the place where we can use jazz and other genres," said Poole. "We tried serene water music at



Dr. Jay Samuels has been using NuCalm for over a year as a way to relax patients before dental operations.

first, but patients had to go to the bathroom."

Unlike the 60 million Americans who don't see a dentist because of fear, some of Samuels' patients go to the dentist simply to catch up on relaxation during their free time.

"This is a high stress area," said Dr. Samuels. "Some people come in during the week for 45 minutes just to relax."

Fourth Presbyterian School Salutes U.S. Veterans

The children at the Fourth Presbyterian School in Potomac celebrated Veterans Day by saluting the flag, reciting the Pledge of Allegiance, singing "God Bless America" and listening to Headmaster John Murray read President Obama's 2011 Veterans Day Proclamation.

Every year, kindergarten through eighth grade students at Fourth attend an assembly on Veteran's Day to honor and commemorate U.S. veterans, as well as all the men and women who serve in the Armed Forces for the country.

But the highlight of the assembly was hearing Fourth students whose parents have served or are currently serving in the U.S. military. Each student shared their parent's rank and experiences and what their military service meant to them.

One of the Fourth School's military families is the Shawleys, whose mom, Jami is a pilot in the U.S. Army. Last year, her son Nick's 4th grade class sent her letters and cards while she was deployed in Afghanistan. When she returned home in October, she spoke at a school assembly, telling the children how meaningful it was to receive their wonderful notes and cards when she was so far from home. Shawley also brought a flag that had been flown in honor of The Fourth Presbyterian School during Operation Enduring Freedom. The flag was flown by Captain Mike "Slick" Mickus on a combat mission aboard a US Air Force F-16CM over Afghanistan. This same flag is now raised daily at Fourth's flagpole.

—^oSUSAN BELFORD



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Humane Group Earmarks Funds To Help Animals

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56 TNR's have been completed, 146 cats and kittens have found their "forever homes," and fixed income owners have been assisted with extraordinary veterinary bills to allow them to keep their pets. "One of FMCA's unique purposes is helping other humane groups with financial emergencies. A majority of FMCA's funds have been earmarked for animal cruelty, abandonment and hoarding," Proffitt said.

Creatures great and small have benefited from FMCA's assistance this year. Days End

Farm received \$9,000 to coordinate the rehabilitation and placement of over 100 emaciated and sick Arabian horses seized in eastern Maryland. Ricky's Refuge, a Virginia sanctuary, received \$1,000 for legal fees in its battle to prevent logging in adjacent woodlands critical for indigenous wildlife. A grizzly hoarder case in Frederick County involving the seizure of 95 dogs, mostly Chihuahua-terrier mixes, and seven birds, prompted FMCA to donate \$1,800 to efforts coordinated by the Animal Welfare League of Frederick County to aid the groups involved in the rescue including the League,

Phoenix Landing, HART (Homeless Animals Rescue Team), Howard County Animal Control and Frederick County Animal Control.

Longtime volunteer, Leigh Hughes made it possible for one of three FMCA rescue cats to be part of Animal Planet's "Must Love Cats" program filmed at the Capital Cat Club Fanciers Show on Nov. 13 at the fairgrounds in Gaithersburg. Opie, a male calico, Charlie, a domestic shorthair orange and white tabby, and Tasker, a Havana brown mix were the contenders for the coveted role. Hughes coordinates a booth for rescues at the cat shows. She said, "It gives

us another avenue for placing cats for someone who may not go to our adoptions at PetSmart."

Cissy Grant worked The Surrey Two's boutique that has been an annual staple at the FMCA event. "It always make you feel so good to know you're helping needy animals," Grant said.

Ewald's words summarized the sentiments of many in attendance, "I love people too, but animals are so special." For more information visit: www.friendsofmontgomerycountyanimals.org.