

WELLBEING

A Monthly Newsletter Covering Health and Wellness

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You Shouldn't Take It With You



A vacation is a time to *vacate* the stressful routines of your daily life. But how many of us are tense going off on holiday and exhausted coming back. Where did the respite go?

First of all, Americans generally don't take enough time. And sneaking in three-day weekends isn't always the best way to unwind and reload.

Expedia.com's annual Vacation Deprivation survey makes the point. Workers in the U.S. had the fewest vacation days among those in the survey.

Country	Average Vacation Days
France	36
Germany	26
Great Britain	24
Spain	30
U.S.	14

And here's the kicker: More than one third of the Americans reported that they won't even use the time they get, letting an average of 3 vacation days go unused.

It appears we vacation like we do everything else — in warp-speed, multi-task mode. Not much stress relief there.

There will be things you can't control or foresee — flight delays, uncooperative weather, disappointing accommodations. So why not reduce the stressors when and where you can? Here are a few tips from the travel gurus:

DON'T leave straight from work on Friday. If possible, take a day or half-day to pack. Leave from home, and

avoid rush hour departures, when you can. Think about taking an extra day instead of cramming everything into a three-day weekend.

You probably *are* indispensable at the office, but you are certainly equally as important to yourself and your family. And, really, your boss is better off if you are rested and healthy. Research indicates that stress can interfere with the function of the part of your brain that helps you learn and retain information. (Here's a clue: If your job is soooo demanding that you feel guilty taking a deserved breather, maybe it's time to see what else is out there.)

As they say at the start of concerts and theater performances, "Please turn off all cell phone, pagers, Blackberrys and other devices that make noise." This is great vacation advice, if you are brave enough to follow it. Otherwise, you are not on vacation, you are just at work in a remote location.

Keep it simple:

Find out about any complimentary airport or hotel shuttles before you go; consider hiring a driver for a day trip instead of renting a car.



Pack smart: Roll socks into your shoes to save room, and tuck some extra clothes into a carry-on, just in case your main luggage isn't there to meet you when you land.

You'll be glad you remembered: small fold-up umbrella, small radio (with adapters) to listen to local music, supply of dollar bills for tips, small eyeglass repair kit, sticky notes, a city street map or good area map.

And, hey...Have a wonderful time.

Backup Dental Care: Don't Leave Home Without It

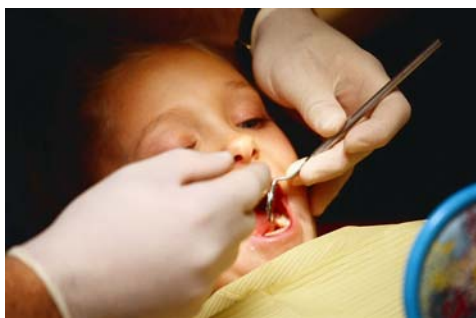
You're preparing for that dream vacation to an exotic locale. You've thought of everything for your family's health and well-being:

- All necessary shots. **Check!**
 - Extra prescriptions and special medications. **Check!**
 - Health and beauty aids. **Check!**
 - Health insurance card. **Check!**
 - Name of doctor/hospital in your destination cities. **Check!**
 - A plan for emergency dental care. **Uh-oh.**
1. Ask your dentist if he or she has any affiliations in other countries or is connected with dental fraternity groups such as the Academy of Dentistry International, the International College of Dentists or the Pierre Fauchard Academy.
 2. Get recommendations from friends/family who have traveled to the countries you are visiting and/or get names of Americans living abroad.
 3. Ask your travel agent for suggestions on finding good dental care.
 4. If you're staying in a hotel, contact the concierge when you arrive.

Many people don't give their teeth a lot of thought when they are going out of the country. But, what will you do if you lose a filling while wandering around an outdoor bazaar? What happens if Joey cracks an incisor or Jenny develops a terrible toothache in the Italian countryside?

Dental care abroad is something you want to plan for before the plane takes off.

Here are some guides to help keep you smiling in all those vacation photos:



The number one tip is prevention. Make sure everyone who is going on the trip has a thorough dental check up before you leave. (Even if it isn't time for

your regular exams).

Get necessary dental work completed before you go, if possible. And finish any work in progress, such as a root canal.

Make sure that you have some options overseas, just in case.

Some Organizations To Contact.

Organization for Safety and Asepsis

Procedures (OSAP) is a global, non-profit dental organization "dedicated to promoting infection control and safety policies and practices supported by science and research." Check out their web site and make a copy of their "Checklist for Obtaining Safe Dental Care." www.osap.org

International Association for Medical

Assistance to Travelers (IAMAT) is a non-profit organization established in 1960 whose mission is "to advise travelers about health risks, the geographical distribution of diseases worldwide, immunization requirements for all countries, and to make competent medical care available to travelers by western-trained doctors who speak English" in addition to their native language. You can join the organization to receive a valuable package of information, a membership card good for discounted consultations and a directory of medical practitioners. It's free to join; a donation is suggested. www.iamat.org

American Dental Society of

Europe (ADSE). The group's members, dentists, who live and work in Europe, have completed a full-time course of study at a recognized U.S. or Canadian dental school. www.adse.co.uk

