

issue 22.4

# inspero



April showers bring May flowers! The transition from Winter to Spring can be messy, but the result is always worth it. I recently hosted a trail run at a local forest preserve. It was cold and wet, yet everyone was upbeat and joyful throughout the long day. The anticipation of good things to come!

This issue contains interesting bits, helpful bits, and some actionable pieces. Please reach out if you want.

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Improve your talking skills.

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Wikipedia

Pexels

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Experience



“Of all forms of caution, caution in love is perhaps the most fatal to true happiness.”

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## Emotion Explored

### The link between blood pressure and emotions:

“Men with essential hypertension more often recognized angry expressions when they looked into the faces of others.” An article in the March 22, 2022, issue of the *Annals of Behavioral Medicine* digs into this issue. Researchers, Alisa Auer and Petra Wirtz studied 145 men by presenting them pictures of people who were expressing emotion.

If you’ve been following our newsletters (and the EI workshop) you’ll know how we have referenced the “eye test” as a tool for determining how well people recognize emotions in others.

In this study the researchers showed pictures of angry, happy, fearful, and sad people. Those overrating anger also tended towards having essential hypertension – which may arise due to more frequently and intensely experiencing anger. This study shows a correlation between anger and hypertension. Will this lead to alternative interventions for those with essential hypertension?

# Almost joined The Monkey Wrench Gang



March 9-15, we ventured out to Page, Arizona for the Antelope Canyon Ultras Event. Antelope Canyon is the home of the Glen Canyon Dam which plays an important role in the Edward Abby classic, "The Monkey Wrench Gang." Check it out if you haven't already!

The trip to Antelope Canyon has been planned for months! The event (Antelope Canyon Ultras) sells out within a few days, so we knew we were going shortly after the event registration opened (I signed up for the trail half marathon).

Coordinating travel required figuring out Airbnb locations, flying in/out, rental cars, and race logistics. The flight was easy (Southwest makes it a breeze). Initially, the rental car looked good (Turo). The race organizers (vacationraces.com) provide excellent, detailed information, maps, and even schedules.

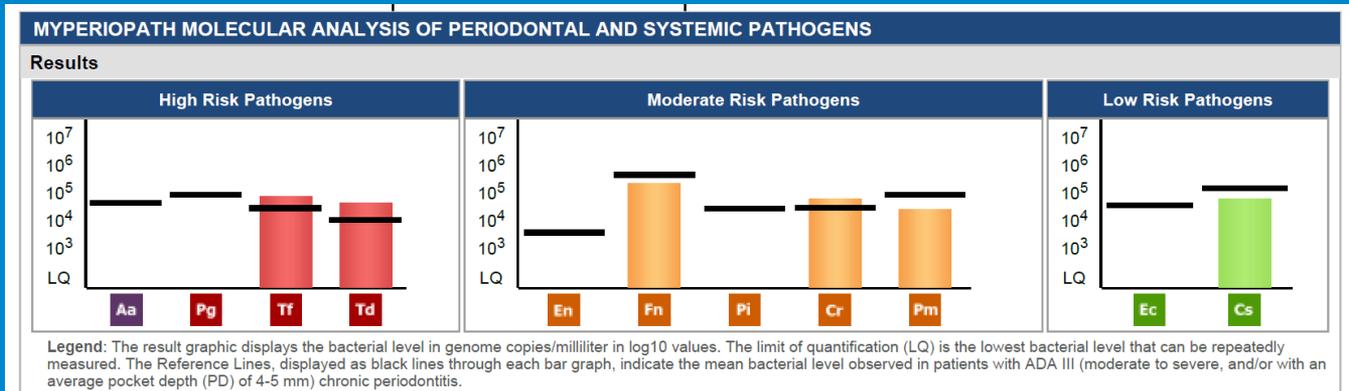
As the day arrived for flying, everything looked in order until I went to confirm my rental car. I noticed that the pickup location was 20 miles from the airport. Oops, I should have seen that sooner. I cancelled that car and reserved a 2019 Chevy Colorado. The owner quickly accepted my request and was able to drop the vehicle to me at the airport with short notice. Whew!

I had a few hours until Lisette arrived, so I took a spin into Tempe to eat, get groceries, and check out the landscape. I picked Lisette up and we made our way to Flagstaff for stop #1.

The Airbnb we rented was walking distance to downtown. Our first stop was food (pizza and beer at Dark Sky Brewing/Pizzacleta). Good food, poor service.

The temperature dropped and the snow started falling. We were not prepared for this...continue reading (and lots more pics) [here!](#)

# Treatment Performance



All perio patients receive an OraDNA test prior to starting treatment. This allows us to better communicate the periodontal pathogens in this patient. It also informs how we customize treatment with antibiotics and rinses.

**Interpretation of Results**

- This result shows 2 high risk (Aa, Pg) and 1 moderate risk (Fn) pathogens above the therapeutic threshold.
- The bacterial species Aa and/or Pg are strongly associated with chronic periodontitis, are transmissible and tissue invasive even at low amounts of these organisms. Moreover, Fn is present in 20-25% of cases of periodontitis and is often symbiotic with other pathogens such as Aa and Pg. Note: Cs is common in all types of periodontitis, and can be present at high levels in the presence of other orange complex pathogens.
- The detected pathogens are also risk factors for various systemic diseases, including atherosclerosis, type 2 diabetes, arthritis, dementia and several types of cancer. Ec is a common cause of bacteremia leading to localized infection involving the gut, and soft tissue abscesses.

**Treatment Considerations: to be determined by the healthcare professional**

- Mechanical/Debridement:** Scaling and root planing (SRP) is a mainstay of therapy to disrupt biofilm, remove plaque and debride compromised tissue. This patient harbors a series of pathogens (Aa, Pg) that may be refractory to this treatment.
- Systemic Antibiotics:** This patient has indicated no allergies.

**1** Metronidazole 500 mg bid for 8-10 days  
As always, use antibiotics with care

**OR**

**2** Clindamycin 150 or 300 mg tid for 8-10 days  
**3** Ciprofloxacin 500 mg bid for 8-10 days

\*If patient has intolerance to the first choice consider:

- Local Antibiotics and Chemical Hygiene:** As an adjunct to SRP, sub-antimicrobial doses of doxycycline hyclate lower collagenase activity and reduce periodontal pocket depth. Alternatively, locally delivered antimicrobial agents (LDA) including minocycline microspheres, doxycycline hyclate in an absorbable polymer, or chlorhexidine in a gelatin matrix have been shown to decrease pocket depth modestly.
- Pocket or Field Decontamination:** Laser decontamination as an adjunct therapy to SRP may be beneficial in reducing probing depth and bacterial loads. The consideration of using lasers as an adjunct to SRP is dependent on type of laser used and the particular protocol.
- Chemical and Gaseous antiseptics:** Chlorhexidine or Povidone iodine rinses can reduce periodontal pocket depth. Prescription tray application of peroxide gel, as an adjunct to frequent periodontal maintenance appointments for refractory patients, demonstrated significant reductions in bleeding on probing. Ozone is a volatile antiseptic that can disrupt microbial membranes.
- Probiotics and Prebiotics:** Probiotics are live, beneficial bacteria, typically administered as a food or dietary supplement. Prebiotics are non-digestible ingredients that promote growth of commensal bacteria. Research shows that prebiotics and probiotics control the growth of pathogens and reverse tissue destruction caused by periodontitis.
- Periodontal Surgery:** When clinical signs & symptoms of a periodontal infection persist, or periodontal anatomy is not conducive to health, periodontal surgical evaluation and/or intervention may be indicated.

He has not completed SC/RP and will begin phase 1 of treatment in April. I will share how I've phased treatment in the next issue.

If you don't already, you should start following @evidence.based.dent on Instagram. They recently shared a synopsis of a Periodontology article (DOI: 10.1111/prd.12430). The article highlights the comorbidities associated with periodontitis; including cardiometabolic disorders, diabetes, Alzheimer's, rheumatoid arthritis, and others. Causation cannot be established; however, all conditions share inflammation as a common denominator.

Share your thoughts with me: [Jason@insperoteam.com](mailto:Jason@insperoteam.com)

The previous issue detailed the intrinsic factors that act to stimulate flow. In this issue we will touch on a few extrinsic factors that can help promote a flow state.

Our full list includes the following:

Concentration, Risk, Novelty, Complexity, Deep Embodiment, Immediate Feedback, Clear goals, Challenge/Skills Ratio, and Pattern Recognition.

Concentration is important in flow initiation and perpetuation. It's the act of concentrating that creates the laser-like focus on the task at hand. There is no multi-tasking (or task switching). Creating an environment that reduces/eliminates distraction will be imperative for predictable flow states. Things like journaling, altering phone notifications, setting up your work environment, and setting clear goals will all help to improve your ability to concentrate.

Next, there needs to be some level of risk involved in the workup to the flow state. This is why most of the stories we read about flow states involve climbers, skiers, snowboarders, and other extreme sport athletes. The risk involved forces us to be fully attentive to our surroundings (yes, this overlaps with concentration!).

Third, a rich environment will promote a flow state. Novelty, complexity, and unpredictability can all be under the rich environment umbrella. Again, this dovetails with the previous two (are you starting to see how these are all interrelated).

The last one for today is Deep Embodiment. Situations that create "awe," full body awareness/use, and movement all enhance the flow state. In this context, you are wanting to reduce your direct control so that you can experience your environment. This creates a hypofrontality (the prefrontal cortex is turned down) to allow you to get into the flow state (which is characterized neurophysiologically by a reduction in activity in the prefrontal cortex).

Alright, enough for today...in the next issue we will talk about Goals!

Share your story with me: [Jason@insperoteam.com](mailto:Jason@insperoteam.com)

Or on our FB page: [Inspero Team | Facebook](#)



# Flow

How to be good at talking

1. Polite greeting
2. Name
3. Relevant personal link
4. Manage expectations



See us Live!



Jason and Bob (along with Admiral Bob Greene) just completed an ASP for Surlean Foods in San Antonio.

We have a **NEW** New Patient Experience Workshop scheduled for June 3&4, 2022 in Springfield, MO.  
More info [HERE!](#)



**RLF&A**

Emotional Intelligence

November 3-5, 2022

Vermejo Fishing

ThinkTank

June 17-18, 2022

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