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Yes, it's that time of year again. But along with the holiday cheer comes a heavy dose of stress, which often can trigger behavior that's definitely not something to celebrate. At the risk of sounding preachy, we'd like to remind you that all of the major causes of death—cancer, heart disease, stroke, lung disease and injury—often can be prevented. Don't use tobacco, limit the amount of alcohol you drink, eat healthfully, lose weight if you're overweight, get regular physicals and exercise. And be sure to plan ahead: make time for yourself during the stressful holidays, and make a commitment to your health in 2006.

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DISABILITY CAN OFFER NEW POSSIBILITIES



Becoming disabled may seem a remote possibility to most dental students, new dentists and practicing dentists. But disability happens. Not often, but if you are the one it happens to, it's devastating. What if you couldn't practice clinical dentistry anymore? We offer some suggestions to consider.

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What do YOU think?



What is your practice's busiest month of the year and why?

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WOMEN COLLEAGUES PROVIDE HOLIDAY TIPS



Women often take on most of the responsibility in creating the perfect holidays for others— too often at the expense of their own enjoyment. For women dentists who care for patients, manage practices, keep an eye on year-end tasks, tend to the nuances of staff relations and have family responsibilities too, it can be a lot.

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ASSESS DISABILITY RISKS AND PROTECTION AT YEAR-END



[Dues Waivers Available](#)

[New Dentist Well-Being Survey Report](#)

[Check This Out: Ideas from the ADA Library](#)

An ounce of prevention is worth a pound of cure. That's sage advice for everyone, but especially for dentists who have about a one-in-three chance of being disabled at some point in their career, according to an analysis of disability claims from ADA members covered by the ADA Income Protection Plan.

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