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Food For Thought



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There's a podcast for that...

Like so many things in life, there is a right tool for the right task which makes the job soooooo much easier. Healthcare is no different. We are faced with a myriad of situations each hour of each day which require different solutions.

If you have listened to Clintcast for any length of time, you are no doubt familiar with the fact that each episode is like a little mini-lesson presenting tools for dealing with a wide variety of situations that arise daily in all areas of healthcare. With over 380 episodes in the archives of these little mini-lessons, there is a podcast available for practically any topic which provides helpful information and techniques for dealing with a particular issue.

Rather than having to rummage through the 'toolbox' trying to find the right tool for the right job, we've provided a quick and easy way to you help track down the podcast(s) that pertain to your specific needs. Once logged in, simply visit the **Podcast** menu and choose **Podcast Categories** (or bookmark the [Podcast Categories](#) page directly) to see an indexed listing of the archived episodes broken into common topic categories that we all deal with on a daily basis:



- Marketing
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Next time you need to hear a quick Clintcast regarding a specific topic, you'll have a much easier time finding just the right hammer for just the right nail!

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Smile! It May Make You Live Longer

According to recent research, people who smile a lot are usually happier, have more stable personalities, more stable marriages, better cognitive skills, and better interpersonal skills. And that's not all—science has just uncovered that people who have big smiles live longer.

The Science Behind the Smiles

Researchers at Wayne State University used information from the Baseball Register to look at photos of 230 players who debuted in professional baseball before 1950. The players' photos were enlarged and a rating of their smile intensity was made (big smile, no smile, and partial smile). The players' smile ratings were compared with data from deaths that occurred 2006 and 2009. The researchers then corrected their analysis to account for other factors associated with longevity, such as body mass index, career length, career precocity, and college attendance.

For those players who had died, the researchers found longevity ranged from an average of 72.9 years for players with no smiles (63 players), to 75 years for players with partial smiles (64 players) to 79.9 years for players with big smiles (23 players).

The study's researches noted that the data source provided no information as to whether expressions were spontaneous or in response to a photographer's request to smile. However, much research supports that smiles reflect positive emotion—and positive emotion has been linked to both physical and mental well-being.

Bottom line: Big smiles (as opposed to partial or forced smiles) are more likely to reflect true happiness. So, don't hide your emotions. If you have something to smile about, smile wide!

"Smile and others will smile back.

Smile to show how transparent, how candid you are.

Smile if you have nothing to say.

Most of all do not hide the fact you have nothing to say nor your total indifference to others.

Let this emptiness, this profound indifference shine out spontaneously in your smile."

-Jean Baudrillard

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