

dentistry from the heart

☺ smile. it's free.™



January 15, 2012

Welcome Terry!

In this issue: Our commitment to you; What's so good about Smiling?; Patient of the Month; January Specials.

Our Commitment to You



Our office is committed to providing you with the highest level of Dental Care; helping you keep your teeth for a lifetime. Our treatment protocols evolve as new research in Dentistry emerges and offers better treatment and better results.

Our office has always been on the leading edge of non-surgical treatment of Periodontal (Gum) problems. The most recent Periodontal research shows that the presence of Periodontal bacteria in your mouth increases your risk for heart attack, stroke and pancreatic cancer.

Refer A Friend



Thank you for showing your confidence in us through the referral of your friends!

[Click to send a referral email](#)

If you are pregnant, Periodontal bacteria can contribute to low birth weight.

If you experience bleeding gums, bad taste, or bad breath, you may be putting your health at risk. Our newest Periodontal protocols allow us, in partnership with you, to control and or eliminate the bad "bugs," and keep you as healthy as possible. Using our state of the art diagnostic and treatment equipment, we can customize a treatment plan unique to your situation and resulting in healthier gums and a healthier you.



If you exhibit any of the symptoms described above or have any concerns about the status of your gums, please don't hesitate to call our office for further consultation.

Quick Links

[Visit our web site](#)

[Email Us](#)

[REQUEST AN APPOINTMENT](#)

What's so Good About Smiling?



1. Smiling Makes Us Attractive

We are drawn to people who smile. There is an attraction factor. We want to know a smiling person and figure out what is so good. Frowns, scowls and grimaces all push people away -- but a smile draws them in.

2. Smiling Changes Our Mood

Next time you are feeling down, try putting on a smile. There's a good chance your mood will change for the better. Smiling can trick the body into helping you change your mood.

3. Smiling Is Contagious

When someone is smiling they lighten up the room, change the moods of others, and make things happier. A smiling person brings happiness with them. Smile lots and you will draw people to you.

4. Smiling Relieves Stress

Stress can really show up in our faces. Smiling helps to prevent us from looking tired, worn down, and overwhelmed. When you are stressed, take time to put on a smile. The stress should be reduced and you'll be better able to take action.

5. Smiling Boosts Your Immune System

Smiling helps the immune system to work better. When you smile, immune function improves possibly because you are more relaxed. Prevent the flu and colds by smiling.

6. Smiling Lowers Your Blood Pressure

When you smile, there is a measurable reduction in your blood pressure. Give it a try if you have a blood pressure monitor at home. Sit for a few minutes, take a reading. Then smile for a minute and take another reading while still smiling. Do you notice a difference?

7. Smiling Releases Endorphins, Natural Pain Killers and Serotonin

Studies have shown that smiling releases endorphins, natural pain killers, and serotonin. Together these three make us feel good. Smiling is a natural drug.

8. Smiling Lifts the Face and Makes You Look Younger

The muscles we use to smile lift the face, making a person appear younger. Don't go for a face lift, just try smiling your way through the day -- you'll look younger and feel better.

9. Smiling Makes You Seem Successful

Smiling people appear more confident, are more likely to be promoted, and more likely to be approached. Put on a smile at meetings and appointments and people will react to you differently.

10. Smiling Helps You Stay Positive

Try this test: Smile. Now try to think of something negative without losing the smile. It's hard. When we smile our body is sending the rest of us a message that "Life is Good!" Stay away from depression, stress and worry by smiling.

So **SMILE** :)

"Patient of the Month" winner: **Kyla Hagge!**



Congratulations, Kyla you're our Patient of the Month and you get to take home a Sonicare Toothbrush :) You have only **30 days** to come into our office and claim your prize.

*****For those of you who have not had a chance to fill out a survey for us here is how it works. After your next dental appointment with us, you will be receiving an e-mail from us with a link to be our guest and take our survey. Once you have completed the survey you will receive **2 entries** into our "*Patient of the Month*" drawing for a free "Sonicare Toothbrush".*** [The more people you refer to us the more you will receive!](#)**

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[January's New Specials:](#) [Follow the link to see this month's specials.](#)

Have a great day!

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