



THE CENTER FOR DENTAL EXCELLENCE

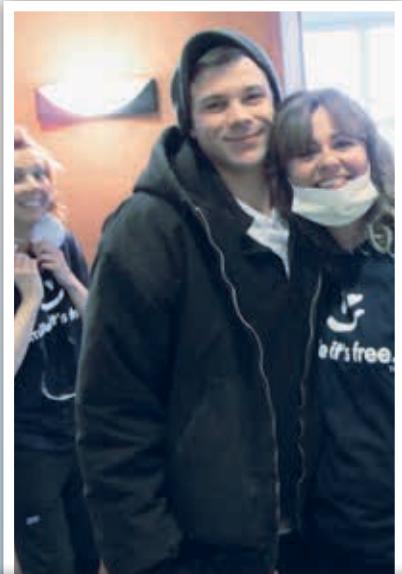
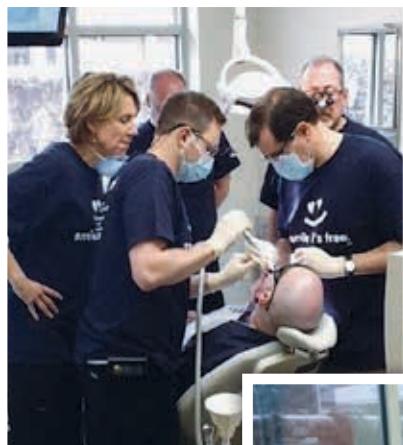
Excellence by Choice

Produced for the patients of The Center For Dental Excellence

Summer 2014

dentistry from the heart

Here are just a few highlights from our annual *Dentistry from the Heart* event which was held on April 4th. This year we provided over 80 patients who don't have access to dental care with free fillings, extractions, and cleanings! We are so thankful to our whole CDE Team for volunteering their time and talents on this very special day, providing their professional skills, as well as helping to organize patients and dentists to ensure that as many people could be treated as possible. We are grateful for local oral surgeon extraordinaire, Dr. George Morris, who volunteered alongside us that day as well. It was cold and windy outside, but inside, there was plenty of warmth – and smiles – to go around.



Ahoy Mateys!

Congratulations to Ben & Mary our Cruise Contest Winners!

You read that right. This winning couple gets to go on a cruise to the destination of their choice! They couldn't be happier and we couldn't be happier for them. Thank you for your patient referrals, Ben & Mary. Have THE BEST time!

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!



Daily Flossing

Keep it on the roster!

If flossing is at the bottom of your daily to-do list, and sometimes not even making the cut, remember it's a really important part of good oral hygiene care.

Don't floss? You're missing about 35% of your tooth surfaces!

Along with brushing twice a day to remove plaque and food from your teeth, tongue, and gums, flossing once a day will decrease the buildup of bacteria between your teeth which causes cavities, gum disease, and bad breath.

Should you floss before or after you brush? It's a matter of preference, but flossing first does allow expanded contact for the fluoride in your toothpaste.

A Sore Subject

Smile for the camera!

If you get cold sores, you are among millions who are affected by this pesky affliction that has a way of appearing just when you want to look perfect – at an important school or business event or a special occasion.

While there is no cure, treatments are available to shorten the length of the outbreak. The trick is to treat the cold sore as soon as you experience symptoms – tingling, burning, itching, or tenderness.

Home Tip: Ice it! The virus needs warmth to grow. Keep it cool to speed up healing. Some home remedies can be dangerous – be sure to consult a professional before trying them.



Fabulous Inside & Out!

Glamor isn't always about glitter. If you look at men and women in advertisements, what they're selling is self-confidence. You can have that. And we can help you get it.

Cosmetic dentistry can pack a lot of powerful positives into your life...

Whitening is popular and for good reason. It can eliminate the stains from medication and indulgences like tea, coffee, and red wine.

White fillings can transform old stained or silver-colored fillings into a beautiful smile.

Veneers can correct the appearance of cracked, chipped, or unevenly spaced teeth without surgery or braces.

Crowns can be used to repair severely damaged teeth, and crowns with bridges or with implants can fill in gaps.

Call us – we're here to make it happen!



Results may vary

BEFORE & AFTER

Just The Facts, Ma'am

Closer than you think

Gum disease is painfully common. It can start in childhood or adolescence, and can be triggered by hormonal changes from menstruation to pregnancy to menopause. Heredity and underlying inflammatory medical conditions such as diabetes can aggravate it. But make no mistake – female or male – we are all susceptible to gum disease.

As the leading cause of tooth loss in adults, it's a serious problem. Here are some facts you need to know...

- Gum disease is initially caused by a buildup of bacteria around tooth surfaces, leading to an infection called gingivitis, an early form of gum disease which affects gum tissue and can arrive without symptoms.
- Redness, puffiness, a bad odor, and bleeding during brushing (even just a wee bit) are all signs that the infection has progressed.
- If the infection spreads to the teeth's underlying supportive ligaments and bone, it will cause the gums to shrink away from the teeth. Eventually, if not interrupted, it will lead to tooth loss and may negatively affect your general health.

Because gum disease can be devastating to your smile, your health, and your self-esteem, and because it can do damage silently without you even noticing it, it's important that you keep your regular exams with us to ensure your oral health is on track. Between visits, your best defence is daily brushing and flossing and a good healthy diet.



5

Raw Facts

Veggies are good for you. They're low in fat and calories and chock full of healthful fiber, vitamins, and minerals. But there's another reason to go gaga for greens. Fresh raw vegetables are **Mother Nature's secret weapon against tooth decay and gum disease!**

Here are 5 examples of how fibrous vegetables like celery, carrots, broccoli, cauliflower, spinach, and cucumbers work their all-natural magic.

1. **Crunch Cleans** – Chewing veggies actually scrubs the surface of your teeth and removes stains.
2. **Fibers Floss** – Tiny fiber particles clean between your teeth.
3. **Munching Massages** – Your gums will thank you for the vigorous, but gentle, workout.
4. **Saliva Soothes** – Increased saliva neutralizes harmful acids in your mouth, decreasing the potential for damage while restoring a healthy pH balance.
5. **Minerals Mend** – Calcium-phosphates remineralize and fortify your tooth enamel.



What's Cookin' At The Center For Dental Excellence

DARLYNE'S CRAISIN SALAD

This recipe is a favorite at our CDE luncheons and Darlyne's birthday celebrations!

Ingredients

- 1 Head Red Leaf Lettuce
- 1 Head Green Leaf Lettuce
- 1 Head Romaine lettuce
- 8 oz. shredded Asiago cheese
- 1 cup Craisins®
- 16 oz. Newman's Own Creamy Caesar Salad Dressing

Directions

- Wash lettuce & break into bite-sized pieces
- Mix 1/2 lettuce with cheese, Craisins & 8 oz. salad dressing in large bowl
- Refrigerate overnight
- Just before serving, add remaining lettuce to salad mixture.
- Add additional dressing, if needed
- Top with cheese & Craisins if desired.

office information

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Office Hours

Mon-Thu 7:00 am – 7:00 pm
Friday 7:00 am – 4:00 pm
Saturday 8:00 am – 1:00 pm

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Suzanne Duntz Hygienist
Angela Howell Hygienist
Shannon Kellams Hygienist
Darlyne Klages Hygienist



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A Weber a Week!
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one lucky CDE patient will win a Weber Grill AND
a \$25 Dunning's Gourmet Market Gift Certificate!



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WINNER?**

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to increase your chances!



for 1 chance to win

Post a Google™ Review
about your CDE Experience for
3 chances to win

For every New Adult Patient you refer to us
Earn 5 MORE chances to win

