



Practice Name  
Doctor Name  
Address line 1  
Address line 2  
City, ST ZIP Code

Presorted  
First Class Mail  
US Postage  
PAID  
Chicago, IL  
Permit No 0000

Patient's Name  
Street Address  
City, State Zip Code

# DECEMBER

## Magical Smile Newsletter

Practice Name  
Doctors Name  
Address line 1  
Address line 2  
City, ST ZIP Code  
Phone:  
(000) 000-0000  
Fax:  
(000) 000-0000

E-Mail:  
[someone@example.com](mailto:someone@example.com)  
Web Site:  
[www.website.com](http://www.website.com)  
Special Note:



Inside:
Pg 2...Cosmetic Dentistry
Pg 2..The Best Hot Chocolate Recipe
Pg 2.... Caffeine
Pg 3... Financing your future
Pg 4... All About You

# Cosmetic Dentistry!



## Is Cosmetic Dentistry For You?

There are Many Choices Available for a White and Bright Smile! With the hit television reality shows such as Extreme Makeover and The Swan, cosmetic dentistry is on the rise. These television shows have given us an inside view of how a dentist can transform almost anyone's smile into the beautiful bright smile that most of us have always dreamed about.

There are several choices available for cosmetic dentistry and your dentist will be able to help you determine which one will work the best in transforming your smile.

**Teeth Whitening** - Also called "teeth bleaching" can brighten and whiten your teeth from discoloration and/or staining. This procedure can be done in the dental office or at home.

**Veneers** - Veneers are a thin shell made out of porcelain or composite material. They are custom made and cemented to the front side of the tooth. A veneer can be used to treat dental conditions such as a slightly crooked tooth, discolored teeth, chipped teeth or even to cover

spaces in between the teeth.

**Implants** - A dental implant is a metal device designed to replace missing teeth. The device is usually made out of titanium and is surgically placed into the jawbone where the tooth is missing. Unlike a dental bridge, an implant is permanent. A dental implant is designed to act as the tooth root and can anchor an artificial tooth or teeth such as a crown, bridge or denture.

**Crowns** - Crowns, also referred to as caps, are custom made to fit over your whole tooth after the dentist has prepared it. They are usually made out of acrylic or porcelain that has been fused to metal, to withstand biting pressure. Crowns can be used in cosmetic dentistry to treat teeth that are poorly shaped, badly decayed, broken or chipped, have had large fillings and to cover spaces in between teeth.

**Shaping** - Also referred to as "enamel shaping" is the process in which the dentist can reshape the tooth by filing or removing some of the enamel. This process is usually not painful and can produce immediate effects.

**Bonding** - Bonding is the process in which tooth colored materials are adhered (bonded) to the tooth. This is a procedure that can be used to repair or improve the appearance of a tooth that has been badly stained, broken or chipped.

*"It's faith that really takes the courage. The belief in things unseen."*

--The Deep End of the Ocean by Jacquelyn Mitchard

## The Best Hot Chocolate!

This hot chocolate recipe calls for two different kinds of chocolate, and it's whipped frothy. The half and half cream makes for an extra rich cup of cocoa.

### INGREDIENTS:

- 1 cup milk
- 1 cup half and half
- 8 tsp sugar
- 1 oz semisweet chocolate, chopped
- 1 oz unsweetened chocolate, chopped
- 1 tbs brown sugar
- 1/2 tsp vanilla

### PREPARATION:

Heat everything in a saucepan, except the vanilla, until chocolates melt and sugar dissolves. Pour half into a blender and mix until foamy. Return to the saucepan, and add vanilla. Stir briefly then serve.

*"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind."*

--Dr. Seuss

## Winter Activities!

By :Sherri Osborn

Don't let winter get you down; celebrate winter! Here are 10, simple winter related activities for you to try which include everything from simple arts and crafts projects to tasty snacks. These ideas are also useful if you need help with winter lesson plans or curriculum theme ideas.

1. Gather several pairs of mittens. Sort them by size, color, design, left hand, right hand, etc.
2. Make a 'tent' using blankets draped over a table or chairs. Pretend it is a bear cave and you are a bear getting ready to hibernate.
3. Make a snowman snack using marshmallows, pretzel sticks, chocolate chips, and peanut butter (to hold them all together).
4. Gather together many friends, family, and neighbors and put on a snow sled parade. Decorate the sleds and walk through the neighborhood!
5. Make a pin the nose on the snowman game. Play by seeing who, blindfolded, can pin a paper carrot nose closest to where it belongs.
6. Trace your winter boots, gloves, mittens, hats, etc and color them.
7. Paint a snow scene on light blue paper using glue. Sprinkle the glue with white glitter or salt and let dry.
8. Make a mini ice castle using colored ice cubes (use salt to 'glue' them together).
9. Make miniature igloos using marshmallows and frosting.
10. Draw out snowflake designs on wax paper using glue, sprinkle on glitter if desired. Once the glue is dry, peel off your snowflake and it should stick to the window.

# Is Caffeine Your Friend Or Enemy?



From: Elizabeth Scott

Because caffeine and stress can both elevate cortisol levels, and can lead to the negative health effects associated with prolonged elevated levels of cortisol. If you ingest high levels of caffeine you may feel your mood soar and plummet, leaving you craving more caffeine to make it soar again, causing you to lose sleep, suffer health consequences and of course feel more stress. However, small to moderate amounts of caffeine can lift your mood and give you a boost. The Verdict on Caffeine has both positive and negative results. Here's what you should remember about caffeine:

## •Don't Take Too Much

Because of the health risks associated with

higher levels of caffeine as well as the risk of physical dependence that can come with four cups of coffee or more each day, it's wise to limit your caffeine intake. (Withdrawal symptoms can include cravings, headache, fatigue and muscle pain.)

## •No Caffeine After 2pm

Because sleep is important to proper physical functioning, and caffeine can stay in your system for 8 hours or longer, you should cut off or limit your caffeine intake to the first part of the day to ensure that your sleep isn't disrupted.

## •Enjoy Caffeine With Physical Activity

Caffeine is best ingested before exercise—that way your performance is enhanced and the stress-management benefits of exercise can keep you healthy and feeling less stressed throughout the day.



## Financing Your Future!

Take Advantage of Open Enrollment For Many Employers. Autumn means open enrollment for benefits. This is the window of time that you have to make changes to various employer benefits such as health insurance, dental, vision, life insurance, and even retirement savings. Even if you don't anticipate making any changes to your benefits, use this time to examine what you currently have and what your options are. There are many money-saving opportunities when it comes to enrolling in various benefits.

While most retirement plans such as 401(k)s don't have an open enrollment period, you can still use this as a reminder to make sure you are getting the maximum company match if one is offered, and also to consider increasing your deferrals. Remember contributions are made on a pre-tax basis so you can still save money on this year's tax bill.

## DREAM

*By Michelle Keesling*

*Climbing higher mountains*

*I will not descend downward*

*Until after I have conquered that fear*

*Clasping stars within my hands*

*They shall not stray from my touch*

*I am a dreamer*

*My wings lie in my mind*

*Where they allow me to divide the clouds*

*As I ascend through their cotton-like tufts*

*One cannot pierce my heart with any arrow*

*It is filled with pure bliss and compassion*

*No one will ever be able to seize that from me*

*Although at times my eyes may look wounded*

*My strength has never fled*

"In my experience, there is only one motivation, and that is desire. No reasons or principle contain it or stand against it."

Jane Smiley –



## Fun Facts!

Glaciers and pack ice contain approximately 75% of the world's fresh water: more than all lakes and rivers, groundwater and water in the atmosphere, combined!

Ten percent of the Earth's land area is covered by glaciers.

There are nearly 100,000 glaciers in Alaska, and most of them don't have names.

If all the glaciers melted, sea level would rise about 230 feet.

There are glaciers in Washington state. There are 26 glaciers on Mount Rainier alone! Find more Washington glaciers on Glacier Peak and Mount Baker.

Life exists on glaciers! The ice worm, less than an inch long, lives on the pollens, insects, minerals and bacteria blown onto the surface of the glacier by the wind.

"Ones best success comes after their greatest disappointments."  
-Henry Ward Beecher

