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See Inside for
Special Offers!



Smile Express Newsletter

HAPPY 2010!

JANUARY
Newsletter

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Good Dental Health Contributes to a Healthy Lifestyle

www.dentistry.com

Most people know that maintaining good dental health into old age has many benefits. Those most important include comfort of the teeth and gums, the ability to enjoy food, and a better appearance. Now, a recent study confirms that good dental health has another important benefit -- it can add years your life.

This new study included 1,929 elderly people living in a large Japanese city. This group was followed for six years, and their average age was 79.7 years. In general, these people who had worse dental health at the beginning of the study had a higher mortality rate after six years than those who were in better dental health. Specifically, the mortality rate of those without teeth and who did not wear their dentures was nearly twice as high as those with 20 or more teeth -- 63 percent versus 32 percent, respectively. Researchers point to the impact on nutrition as the most likely explanation for their findings.

People 65 years of age and older, like younger patients, should see their dentist at least twice a year for checkups and cleaning of the teeth. All cavities, gum disease and other dental infections should be treated. Patients wearing full or partial dentures should have them evaluated for proper comfort and fit. Dentures that have been worn for many years may not fit well anymore. This happens because the jawbone under the denture can become worn away over time.

Loose dentures make it difficult to eat and speak (they seem to make a "clacking" noise), and do not support the face as well. A loose denture begins to need more and more adhesive to stay in place. Your dentist can sometimes remedy the problem by relining the denture, but a new denture should be made about every 5-7 years, or when the dentures cannot be used comfortably. In some cases, implants can be used to help secure the denture. This is usually most needed in the lower jaw, and is sometimes the only way to help the patient stabilize and use their denture.

Good dental health is an important part of a healthy lifestyle. Regular dental care and good oral hygiene can add comfort, enjoyment and years to your life.



Simplifying Your Life

By Families and Work Institute

Most of our lives are filled with clutter—stacks of paper, bills, and other should-be-organized stuff. But how does all that clutter affect your time? To illustrate, consider the following example: on a typical workday, a person with a cluttered work area will spend an hour and a half simply looking for things or getting distracted. Over the course of a year, that's a month and a half of lost time. Consider the following suggestions for taking the clutter out of your day.

- ✓ **Cancel subscriptions to magazines you never read.** These just add to your list of things you'd LIKE to do—more importantly, it's a waste of money.
- ✓ **Set up automatic bill payments.** This process will help alleviate late payments, save you time, and save money on postage.
- ✓ **Say "no" when necessary.** You can't always please everyone, so realize you don't have to take on every project or responsibility.
- ✓ **Simplify your wallet or purse.** Take out those unused, unnecessary credit cards and other items that you don't use. The less clutter the better.
- ✓ **Consolidate your debt.** Combine your debts and search for one low interest rate. Not only will this save you money, it will save you time.

Organization is not glamorous, nor is it commonly thought of as a time-saver. However, clutter is the companion of inefficiency.

Make organization a priority and you'll find time is on your side.

We always look forward to our patients feedback

Personal Finance for the New Year



The start of a new year is a good time to take a look at your personal finances and develop a plan to proactively keep your financial health in tip top shape. Consider these three ideas:

- 1. Get a grip on personal debt.** If you have credit card debt, resolve to eliminate it as quickly as possible. Pay off debt with the highest interest rate first.
- 2. Maximize company savings opportunities.** If your employer offers a matching contribution to a 401(k) or 403(b) plan, make sure you get the entire employer matching contribution by making the appropriate contribution to you plan.
- 3. Get in good physical shape and get an annual physical exam.** Most health insurance plans require more out-of-pocket expenses for prescription drugs, deductibles and coinsurance. Those who exercise, control their weight and seek preventive healthcare will generally consume less healthcare services and save big bucks in the process of needing less care.

Make financial wellness a top priority throughout the year!



Like a Good 'Ole Fashion White Sale but here it's for teeth!

Buy One Get One set of "At Home" Bleach Tray System! For ONLY \$139.00 This special will end January 30th so hurry to schedule your appointment today!!

There is a limited amount of appointments available!

620.429.1020

Monthly Fun word-to-words

How many words can you make from this word?

JANUARY

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| — — — — | — — — — |
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FREE DRAWING!!!

To celebrate Children's Dental Health Month we are going to allow all children that come in to the office from now to the end of February to enter their name in to a drawing for an **iPod Shuffle**. The child does not have to have an appointment, just go to the front desk and ask to enter in the drawing for an iPod Shuffle. Child must be 18 or under. Be sure to check out our February Newsletter to get some fun and interesting facts about Children's Dental Health Month.

and comments! Call Us Today! (620)-429-1020

This News Is All About You...

With Heartfelt Thanks For Your Referrals

There's no question that I have the BEST patients on the entire planet.

My business is built on word of mouth advertising and I'd like to thank the following people who were kind enough to recommend my services to their friends.

Thank you soooooo much!

Connie W., Nellie H., Michelle M., Richard C., Doug P., Gerry H., Marianna T., Crystal P., Mike B., Dana W., Rod P., Marla M., Cynthia B., Rick P., Amber H., Margaret L., Tracy A., Cherie B., Ralph M., Mary Jo N., Kyle C., Nancy J., Theda L., Anthony S., Glove W., Tammy F., Kathy H., Linda F., Carroll S., Jackie M., Mark D., Nancy E., Sherry S., Leah B., Sue A., Brenda H., Cinda H., Julee R., Kelli M., Linda L., Steve D., Tinker W., Connie H., Linda L., Mary R., Alice H., Virgil B., Cindy B., Corey R., Jamie J., Jason A., Kevin H., Kristen T., Kristy H., Tonya M.

Welcome New Patients!

Here are the new patients that became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!

Mike A., Sharon A., Moriah B., Ruthy B., Derrick C., Casey C., Leon C., Kiley C., Mark E., Michele F., Lisa G., Yanet G., Angie H., Paxton H., Tracy H., Chloanne H., Sarah H., Angela H., Jan J., Brandi J., Gene J., Steve K., Herby L., Doris L., Michelle M., Jennifer M., Robert M., Lucian M., Nopson N., Brock P., Stan R., Kimberly S., Jennifer S., Cathy S., Carolyn U., Stefanie W., Todd W., Dave W.

We love giving recognition to our new friends and our wonderful existing patients who are kind enough to refer their friends and relatives to us! We're all helping each other, which is the whole point of all this! Right?

Last Month's Quiz Question:

The Winner of last months quiz question is **Jenna Ferraro!! Jenna** is the winner of our **\$50 gift card to Wal-Mart.**

In what city did *Miracle on 34th Street* take place?

Answer: New York City

This Month's Quiz Question:

What is the most popular New Year's Resolution?

Please enter your answers by one of the following options.

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Phone: **620-429-1020**

Our Website is now operating please visit www.docherron.com.