



Beantown!

Who goes north in January? WE do! The entire office went to Boston for the Yankee Dental Meeting last week. While the weather wasn't perfect, we had an awesome time – the continuing education was amazing, so many restaurants, so little time... I will be blogging the entire story, pictures included – so make sure you keep an eye on the blog. Here's the address again for those of you that haven't 'followed' us yet! <http://dentalendeavors.blogspot.com/>

Got Milk?

A glass of milk after a garlicky dinner could reduce garlic breath and mask the garlic odor during eating. Both fat-free and whole milk reduced the sulphur compounds in garlic that are the cause of its strong smell, but whole milk got the best results, perhaps because fat is more effective at neutralizing odors.

Strong link...

The results of a National Health and Nutrition Examination Survey at NYU revealed that 93% of study participants who had periodontitis were at risk of developing diabetes and should receive screening for the disease. Among participants who did not have periodontitis, 63% were at risk of diabetes. The numbers don't lie – and there is no doubt that your oral health affects your entire body.

We're 'timely'...

We get a lot of compliments on how our office runs on time. It's not always easy, and it's not always perfect, but it is one of our top priorities. Your time is valuable, and we appreciate that. But, if you ever do find yourself with a few extra minutes in our reception area, please check out some of the interesting brochures on some of the services we offer. We also have a digital photo frame with a slideshow of some great pictures – from our office trips, vacations, dental before/afters and some fun shots of us around the office.

Fun Fact

You miss cleaning 35% of your tooth surfaces if you do not floss your teeth.