

Town Center Dental Care

Michael B. Lorio, D.M.D.

8263 S.W. Wilsonville Road, Suite C • Wilsonville

Located in the Town Center Mall • We Cordially Invite You To Call (503) 682-9191

Oral Cancer Men versus Women

Men get oral cancer more often than women, but women are catching up. Quitting smoking has immediate health benefits for men and women of all ages, yet according to research it appears that men and women need different strategies to quit.

When men quit smoking, the most prominent symptom of withdrawal is a biological craving. In this case the patch or other weaning methods seem to help. Women, on the other hand, are more likely to smoke to relieve stress, manage moods or control weight. Quitting smoking (smokeless tobacco too) is really worth your "health" effort. You can reduce your risk of oral cancer, cavities, gum disease and tooth loss as well as lung and heart disease.

What's Up Doc?

Debbie is doing great & feeling good. Through diet, exercise and "play" she has lost 24 lbs. Yahoo!!

Cindy's youngest son, Kobi, is getting married in October to his college sweetheart, Michelle. They met at the University of AZ.

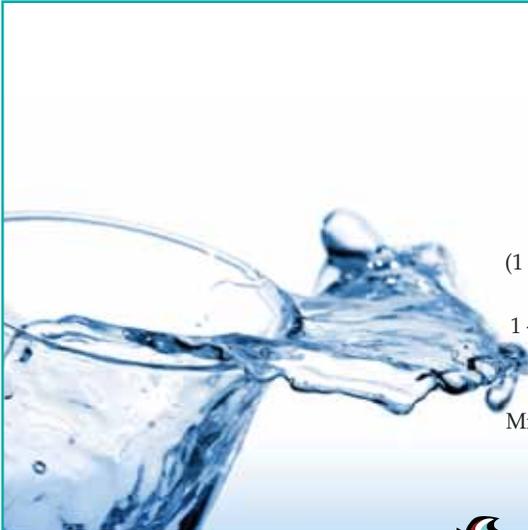
Dr. Mike is looking forward to a fun summer of Kite boarding, mountain biking and camping with his family.

Trisha is 3 months pregnant and will find out if they are having a baby boy or girl on May 24th. How exciting!!

Colleen and her husband Gary had a great trip to California for their grandson Kyle's first birthday. Mickey Mouse played a big role in the festivities.

Digital X-rays

We will be soon approaching the 2 year mark for utilizing digital x-rays in our office, and we are still amazed daily with their effectiveness. The benefits include being able to view the image on the screen instantly and you, as a patient, can now see what the dentist sees because we can enlarge the picture for a better view and diagnosis. With less radiation and the elimination of the chemicals needed in the past, the digital system has proven to be a powerful tool for better dental care.



Recipe:

Yogurt Pie

- (1 c. chopped fresh fruit) optional
- 2 - 6 oz. cartons fruit yogurt
- 1 - 8 oz. carton cool whip (thawed)
- 1 - 9" graham cracker pie crust

Mix yogurt and cool whip together
Pour into pie crust
Freeze for about 2 hours. Serve

*A mind that has been stretched
will never return to it's original dimension.*



To learn more about our office, please visit our new website at drlorio.com

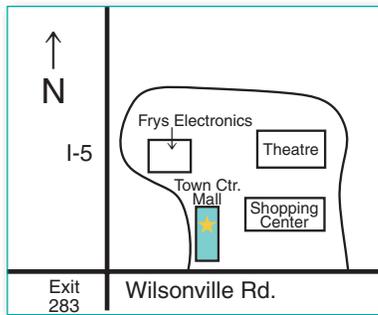
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Have your children or grandchildren ever wondered what the Tooth Fairy does with all of the teeth she collects? Check out "The Tooth Fairy File" at

www.youtube.com/SmithsonianAmHistory.

We cannot direct the wind, but we can adjust the sails.

It is easier to do a job right than to explain why you didn't.

ar tis tic : [ahr-tis-tik]

adjective

1. Beautiful, satisfying to the senses

From time to time we will be featuring local artists and their creative work on our video monitor screen in the reception area. If you like what you see or need more information about the artist please let us know and we can put you in touch with these talented people.

Upcoming featured artists are:

Renee Bryant

Christopher Shotola-Hardt

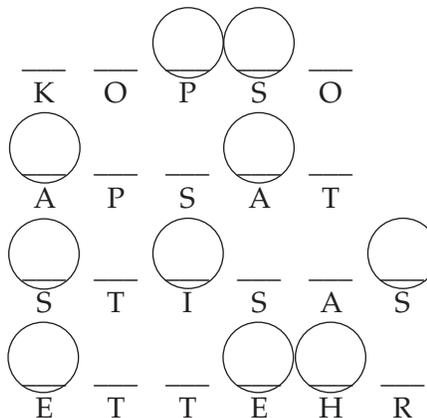
Wilsonville H.S. art students

David Robinson

Relax and Enjoy!!

Dental Mental Word Scramble

Unscramble these four jumbles, one letter to each dash mark, to form four ordinary words.



What helps keep your teeth together?

Now arrange the circled letters to form the surprise answer as suggested by the above cartoon.

ANS: _____ " _____ "

(Last newsletter puzzle: decay....erase....socket....thrush

Cartoon answer: "Your Teeth")