

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

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Reseachers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!

Putting Patients at Ease

Many people would rather do just about anything than go to the dentist. We at Town Center Dental Care realize this and have found various ways to help reduce the anxiety that many people have.

Triazolam is a medication that is extremely safe and effective in reducing people's anxiety. The medication puts people into a drowsy state which allows any dental procedure to be done in a more efficient and painless manner. Even patients with a strong gag reflex have found relief with this medication and have been able to undergo things like radiographs and impressions with ease. Triazolam also offers some amnesia and some patients do not even remember the procedure they went through the next day.

We also offer blankets, Sirius radio through headphones, and virtual reality glasses so patients can watch movies that they bring in. If anxiety has been a problem for you in the past, come in and give these things a try and you will realize that anxiety can be a thing of the past when it comes to dentistry.

Dr. Lorio

Introducing our new Staff Member: Hygienist-Debbie Craven

Hi everyone,

When asked to write
A bit about me
It took all of my thoughts
As you will soon see

I am pretty normal
Except when I'm not
But I am aboveboard
Don't need to be caught

I truly love people
And animals too
Both of them like me
Much more than a few

Whether it's sunny
Or if we have rain
For me is to rather
Not to ever complain

So when I am happy
Or if I am sad
I have the Lord with me
And this makes me glad.

Thank You,

Debbie

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

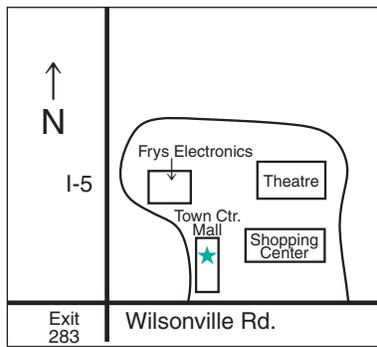
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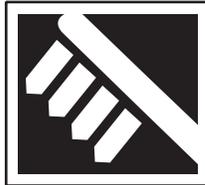
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Accept Our Gratitude... For you referrals



We'd like to thank all of our patients for sending your family members, neighbors, and business colleagues to our office. We appreciate your confidence and trust.

"Your past does not control your future... unless you let it." - Ron LeGrand



Sleeping Beauty

Research is showing that how much sleep we get each night and its quality has a profound effect on our health. 4 million Americans suffer from sleep disorders. 20% of us sleep less than six hours a night. Insufficient sleep is connected to chronic diseases and conditions such as diabetes, cardiovascular disease, obesity and depression. More information can be obtained from these sites:

National Center on Sleep Disorders Research
www.nhlbi.nih.gov/about/ncsdr

National Sleep Foundation
www.sleepfoundation.org

Division of Sleep Medicine at Harvard Medical School
www.healthysleep.med.harvardmedschool.edu

Dental Mental Word Scramble

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

○ ○ ○
N U S S I

○ ○ ○
O L T A T

○ ○ ○ ○ ○
V E E R O M

○ ○ ○
H E P S E C

"I can't do that anymore...OUCH"



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

When the dentist finished the **Root Canal** the Daredevil Performer.....

ANS: _ _ _ _ _ " _ _ _ _ _ "

(Answers to last newsletter puzzle:
Molar-Depth-Sweets-Tissue/ "Wisdom Teeth")