

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

Yes, You Still Need to Floss

Maintaining oral health means following familiar advice: Brush for two minutes twice a day with a fluoride toothpaste. Clean between teeth once a day with floss, a small brush or pick. And visit your dentist regularly. (The American Dental Association, commenting on recent reports that evidence doesn't support flossing, says that doesn't mean such cleaning isn't effective.)

Your goal is to clear away the bacteria-laden plaque that causes gum disease and cavities, said Jane Atkinson, director of the center for clinical research at the National Institute of Dental and Craniofacial Research.

The scientific jury is still out on the exact role that gum disease plays elsewhere in the body. But if you have conditions such as diabetes, coronary artery disease, stroke and at-risk pregnancy, you may qualify for enhanced benefit coverage from your dental or medical insurer. This includes extra cleaning and procedures known as scaling and root planing that dig deep to scrape away plaque.

-The Washington Post

“Overthinking: The art of creating problems that weren't even there.”

Do You or a Loved One Snore?

1 out of every 7 people suffer from Sleep Apnea

What is Sleep Apnea?

According to the American Sleep Apnea Association, “sleep apnea is an involuntary cessation of breathing that occurs while somebody is asleep. These episodes without breathing can last 10 seconds to 2 minutes or longer. A person can have up to hundreds of episodes per night.”

Symptoms of sleep apnea can be:

- waking up feeling un-refreshed
- problems with memory or concentration
- feeling tired or fatigued
- experiencing personality changes
- headaches and heartburn
- sweating or chest pain while sleeping
- depression

Why is sleep apnea so dangerous?

It's not the choking and going without breath that is going to kill you. It's the devastation to your organs from being oxygen deprived night after night. The most critical part is the wear and tear on the organs after months and years in the making.

Dr. Lorio has had special training in Sleep Apnea appliances that can meet your individual needs. Please call our office and schedule an appointment so we can discuss your particular situation and get you on the road to a good night's sleep.

What's Up Doc?

- Dr. Lorio and his family plan to do a lot of hiking and biking this summer on their annual trip to Whistler.
- Debbie had major back surgery in early April and has been recovering for several months. She is back in full swing now and we are all so happy to have her “back”.
- Theresa and her husband, Brian, just finished building their new house in Aurora this past March. They along with their dog, Shilo, are enjoying all the comforts of home.
- Monica and her family have a trip to Scotland planned this June-July. She is so excited to re-visit with her friends and family.
- Cindy and her family are having a reunion at Spirit Mountain this coming July. Fun and excitement will be on the “menu”.

*If you want to be trusted . . . be honest.
If you want to be honest . . . be true.
If you want to be true be yourself.*

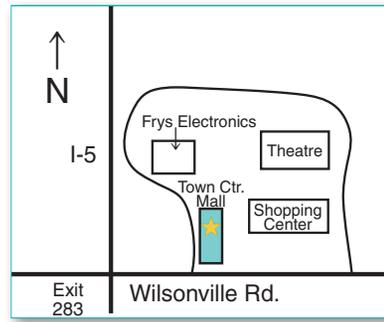
To learn more about our office, please visit our new website at drlorio.com

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"Every setback is a set-up for a comeback."

Referral Drawing Winners

Congratulations to *Ron Greenley* and *Dr. Anni Pearson*. They each received a \$250 McMenamin's Gift Card when their names were drawn last December.

Thank you to all our patients for the nice referrals.

"Difference between school and life: School teaches you lessons and then gives you a test. Life gives you a test and then you learn the lessons."

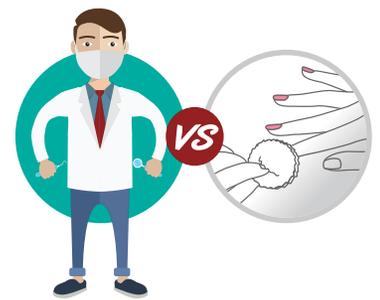
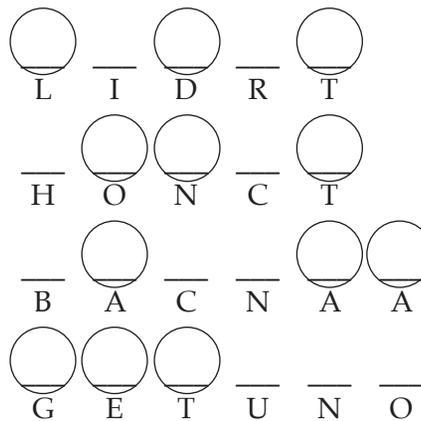
When You're Too Sick to Exercise

If you're experiencing nasal congestion from allergies or a cold, or have a mild headache, working out is probably fine, though you might want to dial down the intensity and duration - start by cutting both in half and seeing how that feels. But if you have a fever, chest congestion, or flu-like symptoms such as chills, deep fatigue, or muscle aches, you're better off opting for rest. And if you have a severe headache such as a migraine or cluster headache, you probably won't feel much like exercising, so listen to your body. In fact, that's almost always good advice - if you feel too lousy for physical activity, skip it.

SEPTEMBER 2016 ON HEALTH CONSUMER REPORTS

Dental Mental Word Scramble

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



**A dentist and a manicurist got into an argument.,
"They fought...."**

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

Answer: _____

(Last newsletter puzzle: thank....swell....office....cotton....
Cartoon answer: HOLE IN ONE)

"Life is like an elevator. On your way up, sometimes you have to stop and let people off."