

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



Cavity Prevention

Silver Diamine Fluoride has been used in dentistry for decades in other countries and has been in the US for years now. Silver Diamine Fluoride will arrest the active cavity and it will prevent it from growing as long as the patient is compliant with home care and routine checkups.

LoLoz is a safe and effective sugar-free herbal lozenge that fights cavity-causing bacteria to help prevent tooth decay. As long as patient is compliant with routine checkups and is cavity free the treatment will be beneficial. The treatment is for 10 days having a lozenge 2 times a day. The cost for the candy is \$30.00.

"The key is in not spending time, but in investing it." (Stephen Covey)

What's Up Doc?

- Dr. Mike and his family have had wonderful times traveling together. They all are very active and enjoy each and every new adventure.
- Debbie is training hard for the Blue Lake Triathlon to be held in June. She will participate in the swimming and biking legs. What a feat. We are all so proud of her.
- Monica and Theresa are *both* "expecting" at the end of September. We are all so excited and can't wait to meet the newborns.
- Cindy will again be a Grandma in June. This will be #4. Wondering if there will finally be a boy or will continue the tradition of girls dominating in her family.

Lost time is never found. (Proverb)

Baby's First Check-up

Parent's often call and ask "When should my child see the dentist for the first time?"

The answer is: Babies should start seeing the dentist when they get their first tooth, or no later than their first birthday. (According to the guidelines from the American Academy of Pediatric Dentistry.)

Earlier dental visits have stemmed from a growing awareness that cavity-causing bacteria can be passed from parents to babies, through shared utensils, for example. Fruit juice or sugar water is another culprit. Decay in baby teeth have been linked to adult tooth decay.

Following this advice will stave off a lifetime of dental problems and make sure parents learn how to prevent children's tooth decay.

Please call our office for this important first check-up!!

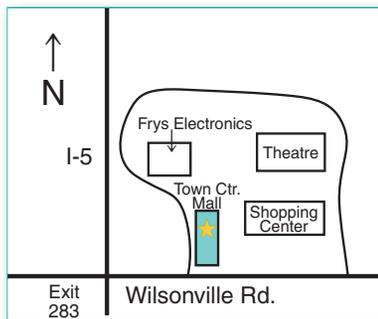
To learn more about our office, please visit our new website at drlorio.com

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Referrals

Refer a family member, friend or co-worker to TOWN CENTER DENTAL CARE and you will be entered in our drawing to win a \$250 *Amazon Gift Card*. A winner is drawn every 6 months. The more people you refer, the more chances you have to be the lucky winner.

Thank you in advance for your nice referrals **GOOD LUCK!**

Happy referral winners for 2017:
Veralyn Klosterman & Cindi Marshall

Never let yesterday use up today. (Richard Nelson)

Tuna and Vegetable Pasta Salad

Prep Time: 20 Minutes
Serves: 4

If you are not into tuna, use a sliced or chopped hard-boiled egg instead. Both options are great sources of protein. We swapped the mayo for a mix of hummus and guacamole for a great heart-healthy mix.

Ingredients:

- 4 cups packed fresh baby spinach
- 2 cups cooked whole-wheat pasta (preferably a short shape, such as cavatappi)
- 4 single-serve packets (2.6 oz. each) or cans (3oz. each) water-packed chunk light tuna
- 2 cups cooked peas, thawed if frozen
- 1/2 cup hummus
- 1/2 cup guacamole
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill

Step 1

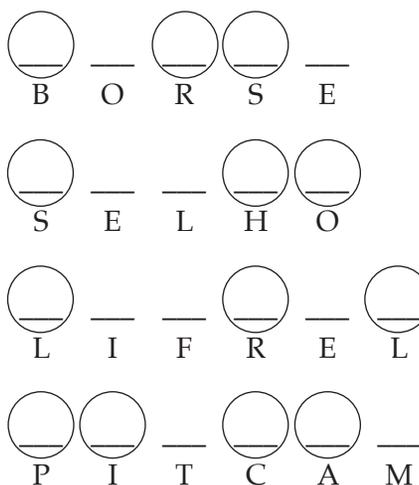
Divide spinach among 4 bowls. Microwave each uncovered, for 1 minute on high to wilt, if desired.

Step 2

In a large bowl, gently toss together remaining ingredients, except dill. Divide tuna mixture among bowls with spinach. Sprinkle with dill and serve.

Dental Mental Word Scramble

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



What does a dentist do on a Roller Coaster?

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

Answer: He _____
(Last newsletter puzzle: drill....notch....cabana....tongue....
Cartoon answer: TOOTH and NAIL)

The bad news is time flies. The good news is you're the pilot. (Michael Altshuler)