



3256 N. Ashland Ave., Chicago, IL 60657

Inside

- Catching You Up on 2017 pg 1
- Like Magic: The Benefits of Platelet Technology pg 2
- Treats You Can Put on the 'Nice' List pg 3
- Winter Squash With Raisins and Sage pg 3
- Make Healthy Changes That Stick pg 4

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411



WrigleyvilleDental.com 773-975-6666



December 2017

Celebrating Holistic Health

2017 brought many interesting advancements in technology, and not just fidget spinners. The dentistry world has more alternative options than ever that are not only better for the environment, but better for our bodies. Our practice grew in its holistic services, new staff members joined us, and we welcomed little ones to our families. Here's a recap of 2017.

certified nutritional coach. So, everyone has a strong foundation, and they're great additions to our team. To be more available for you, we added Fridays to our schedule and expanded our hours to be open longer. We have also added features to our website so that payments and scheduling are easier.

New Equipment!

Who doesn't like toys? Every year, we take some time to write our wish list as a team. And we try to knock out as much as we can throughout the year. Here's what we got this year:

- **A laser:** This has so many uses in dentistry! It's a gentle way of removing tissue, with less recovery time. It allows us to perform many other procedures we would otherwise have to refer to other offices.
- **Two new intraoral digital cameras for our toolbox**
- **Two new blue curing lights to set our filling materials faster**
- **Autoclave:** a new machine that sterilizes our equipment
- **Hygiene instruments:** bought new instruments and cleaning units
- **A PRF centrifuge:** a cool machine (see below and the article inside)
- **Zirconia implants:** in addition to traditional titanium implants, we are now offering zirconia implants, as well, for a more biocompatible option.

New Office Updates!

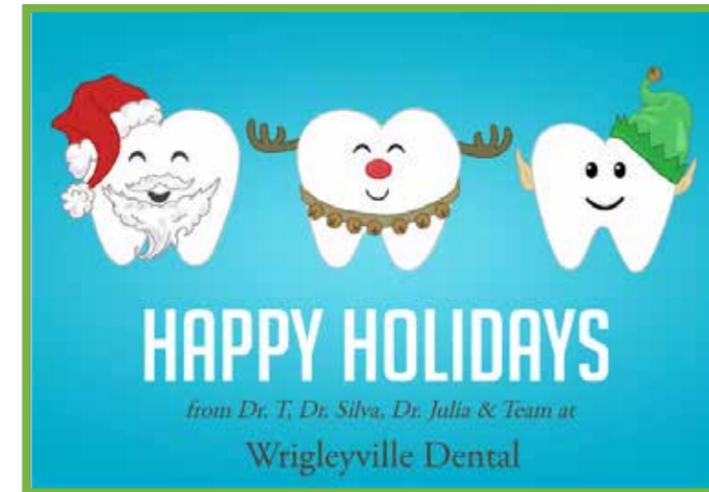
Along with our wish list of toys, there's also a list of updates. Here's what we were able to do this year:

- **New chairs:** The assistants and doctors got new chairs. They're sleek and ergonomic saddle chairs to help with posture and increase mobility within the treatment rooms.
- **A paint job:** Over Thanksgiving, we got a fresh coat of no-VOC paint.
- **Goody bags:** They've received a makeover. You'll see some new samples in an eco-friendly tote bag.

Continuing Education!

I love to keep learning, and there are so many opportunities for it. I typically average around 100 continuing education hours per year. My curiosity took me to many interesting courses in 2017:

- **Tongue ties:** Dr. Julia and I completed a course in frenectomies — a surgical procedure to remove the bad tissue that connects the tongue to the floor of the mouth. This course diagnoses



Babies!

Dr. Silva welcomed a new baby girl, Mia, to her family in March. And now, Bella is a big sister. We're grateful to have her back at the office. Our assistant, Kortni, welcomed a healthy baby girl in late October. She's leaving for Pittsburgh with her husband this year, and we're excited for their next adventure, but we're also sad to lose such a great asset to our team. We'll really miss her. Our patient coordinator, Maria, is expecting, and she's due in February. Now Hailey gets to be a big sister. And I survived my first year with a little one, as Sonya turned 1 in October.

New Faces and Added Convenience!

Several new staff members have joined our team, and while they might be new to Wrigleyville Dental, none of them are new to dentistry. We welcomed Jen, our awesome office manager, who has worked in the field for over 10 years. Dr. Julia comes with corporate dentistry experience and is a great asset to our team. Aside from traditional and holistic dentistry, she works with babies and children who need tongue/lip tie corrections and adults who have sleep apnea. Fernando has been a dental assistant for seven years and comes from a community-based health care office. Reina has been a dental assistant at other private dental offices for six years. Julie, our new dental hygienist, has 28 years of experience and is also a



We've seen a lot of positive changes at Wrigleyville in 2017, and one of them is adding a nutritional counselor, Julie, to our team! Last month, Julie presented our first free nutrition night, and she's back this month to teach us more. With 2018 almost here, it's the perfect time to reevaluate your nutrition and adopt healthy habits that stick. Come to our **Nutrition Night on December 11, from 6-7:30 p.m.**, ready to learn!

How *do* you make positive changes that last past January? That's what Julie is covering this month. In addition, you'll:

- Learn how to beat the winter weight gain.

- Get tips for making changes that last all year long!
- Find out how to stay accountable to your goals.

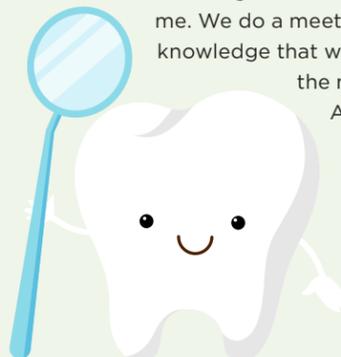
Julie is here to help answer your questions about nutrition. To maximize this opportunity, bring your partner or friend to this event and learn actionable steps that you can implement together. Don't go on your health journey alone — reaching your goals is easier (and more fun) when you have a buddy! You will both walk away with new, healthy habits that are applicable and easy to add to your lifestyle! See you on Dec. 11!

CONTINUED ON PAGE 2 ...

773-975-6666 | 1

symptoms that tongue ties can lead to. Difficulties range from trouble breastfeeding as a baby to airway obstruction in adulthood. We're grateful to bring this knowledge to the practice, and we're performing laser tongue and lip tie corrections to those who need it.

- **Cranial sacral therapy:** a form of bodywork addressing bones of the head to release compression and to alleviate stress and pain
- **Holistic Dental Association:** weekend-long courses on various topics
- **Laser dentistry, zirconia implants, CPR recertification, and Chicago Midwinter meeting courses**
- **PRF (a platelet-rich fibrin (PRF) centrifuge system).** This technology is amazing in its ability to speed up recovery after an extraction by adding your own stem cells/healing cells to the area. Read more in this newsletter!
- **New partnerships:** To continue learning, we partnered with holistic professionals in other fields, too. This year, we collaborated with Whole Health



When I go to a training, the information doesn't just stay with me. We do a meeting with the staff so everyone can share in the knowledge that was learned. We also talk about how to integrate the new information and methods into our practice.

All the courses are so different, and that's the great thing about being a general dentist — we're able to learn about all areas of dentistry.

This month, we'll step away from the practice for an evening and celebrate the holidays. Instead of having a traditional office party,

Chicago and The Raby Institute, which are both functional medicine practices. We met their doctors and discussed a collaborative approach that can benefit our mutual patients. We're looking forward to building this partnership in 2018.

- **I also started a course through the American College of Integrative Medicine.** The class lasts a year and a half, so I have a ways to go, but it will lead to a double board certification in biological dental medicine and as a naturopathic physician.

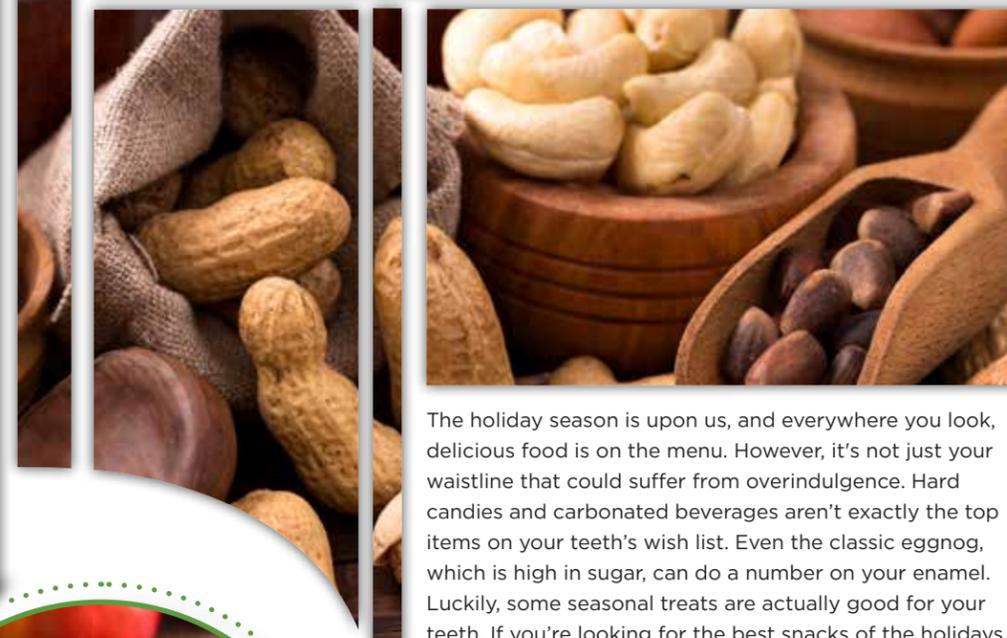
we're going to a cooking class at Bespoke. Each of us will learn to cook part of a meal, and then we'll enjoy the wonderful food together. I'm excited to share this experience with my team.

I love recapping the year and making goals for the following year. I also love hearing others' goals. The next time you're in the office, please feel free to share your goals and accomplishments with me.

I hope you enjoy your celebrations and have a happy and healthy holiday season. From all of us at Wrigleyville Dental, happy holidays! Here's to our healthiest year yet.

— Dr. Bernice Teplitzky

HOLIDAY TREATS THAT ARE GOOD FOR YOUR TEETH



The holiday season is upon us, and everywhere you look, delicious food is on the menu. However, it's not just your waistline that could suffer from overindulgence. Hard candies and carbonated beverages aren't exactly the top items on your teeth's wish list. Even the classic eggnog, which is high in sugar, can do a number on your enamel. Luckily, some seasonal treats are actually good for your teeth. If you're looking for the best snacks of the holidays, here are some items you can put on the "nice" list.

NUTS

We don't just mean chestnuts roasting on an open fire. Packed with magnesium and iron, holiday favorites like almonds and walnuts provide the nutrients your body needs. Plus, the extra dose of calcium will help keep your teeth strong.

PEPPERMINT

Peppermint candy canes are horrible for your teeth. If you bite down on hard candy, you run the risk of chipping a tooth, but if you suck on them, you expose your teeth to the sugar for a lot longer. That said, you don't have to ditch the minty goodness completely. In fact, a little peppermint is actually good for you. A little peppermint tea will freshen your breath, help with indigestion, and take the stress out of the busy holiday season.

COCONUT

Coconut isn't a true holiday food, but nowadays, this can be bought year-round. Whether using coconut water, coconut oil, coconut milk, coconut meat, or coconut butter, all sources of coconut are great. Get a whole coconut — sold in most supermarkets today — and an amazing tool: the Coco Jack. You'll have coconut water and meat in minutes. It's versatile and can be used in cooking and smoothies. It's great for all ages!

'Tis the season for good eating. While many of your holiday favorites might make your dentist's naughty list, others (like the aforementioned ones) can help ensure your teeth are in good shape for the new year.

OUR NEW 'TOY'

and How It Will Change Your Recovery



Platelet-rich fibrin (PRF), a byproduct of our blood, is extremely high in platelets and growth factors — the "signaling" molecules that allow communication between cells. Choukroun's PRF centrifuge system allows us to extract blood, separate out platelets and growth factors, and add the powerhouse combination back into your body.

How does it work?

First, we take a small amount of blood from you. Next, we place the blood into the PRF centrifuge machine, where it is separated out into red blood cells, white blood cells, and platelets. As we are performing a tooth extraction or other procedure, we can add the fortified blood back into your body to promote healing in the site where it's needed. The combination of platelets and growth factors have regenerative capabilities, healing hard and soft tissue more quickly, and help you recover faster after a tooth extraction.

We're excited to offer PRF centrifuge treatment at Wrigleyville Dental. If you're interested in learning more, there are a ton of articles and videos online, or you can talk to your dentist at your next appointment.

If you and your kids ever watched "The Magic School Bus," you might remember seeing an episode where the school bus full of kids takes a dive into their sick classmate's body. It sounds gross, but it gave our kids (and us) an inside look at the body's healing process and how it responds when under attack from a virus or other infection. We learned that blood is actually clear, that red blood cells give blood its color, and that platelets, the smallest cells in our bloodstream, put a stop to bleeding and heal scrapes and cuts.

Platelets' coagulatory properties make them great candidates for healing on a larger scale. Dr. Joseph Choukroun, a French surgeon, first realized their contribution to patient recovery when he was performing facial surgeries. Applying this to dentistry, we can add platelet-rich fibrin back into the socket after a tooth is removed. This procedure is now recognized as an effective treatment to promote healing during dental surgery.

Winter Squash With Raisins and Sage

INGREDIENTS

- 1 (3½-pound) butternut, acorn, or kabocha squash
- ¼ cup roughly chopped parsley
- 1 (1-pound) package organic, non-GMO tofu, drained
- ½ cup raisins
- 2 teaspoons chopped fresh sage
- ½ teaspoon fine sea salt (optional)
- ½ cup chopped pecans, toasted
- Zest of 1 orange, removed in wide strips and roughly chopped

DIRECTIONS

1. Preheat the oven to 400 F. Arrange whole squash on a baking sheet and roast until the skin is papery and a fork inserted in 2 or 3 different spots reveals very tender flesh, about 1¼ hours. Set aside until cool enough to handle. Peel away the skin and discard the seeds.
2. Meanwhile, pulse raisins, pecans, parsley, sage, and orange zest in a food processor until finely chopped then transfer to a bowl; wipe out food processor.
3. In the clean food processor, puree warm squash and tofu until very smooth and creamy. (Reheat, if needed, in a medium pot over medium heat.) Transfer to a large bowl or platter, scatter raisin-sage mixture over the top, and serve.

Nutrition Information Per Serving

170 calories; 50 calories from fat; 6 g total fat; 10 mg sodium; 27 g carbohydrates; 7 g dietary fiber; 4 g sugar; 5 g protein.

(Recipe from wholefoodsmarket.com)