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## An Update From Dr. Silva

### AND A SECOND LOOK AT INVISALIGN

Hi, everybody! I'm excited to say hello and share some exciting updates from my world. After a fun-filled holiday season, we're happy to return to our routine. Our family enjoyed Christmas at home with a big tree and a visit from Santa, which my girls loved. My husband's family came over and we enjoyed our time together.

Can you believe we're two months in to 2018? It's already looking like a fun-filled year at Wrigleyville Dental and at home.

This time last year looked a little different for me. I was pregnant with my second daughter when I was hospitalized and ordered to stay on bed rest until she was born. Unfortunately, this meant that my husband and I missed our elder daughter's fifth birthday party. Thanks to dedicated family and friends, the show went on, but as you can imagine, it was hard for us to miss that milestone.

To make up for it, we're planning a big celebration for her sixth birthday, which falls on Valentine's Day. Yes, she was a Valentine's Day baby. To add to the fun, my second daughter is turning 1 in March. It'll be two months full of celebration. I can't wait!

There's a lot happening in my work life, too. This month, our entire office will attend the midwinter meeting put on by the Chicago Dental Society. We'll get the opportunity to test out the newest in dental technology with hundreds of full-size exhibits. This three day event offers over 600 vendors and 200 courses, and our entire staff is taking part in the chance to learn and benefit from continuing education.

Another exciting opportunity was sent my way this year when I was selected for an ongoing education program offered by Invisalign. Called Invisalign Pro, it's a 90-day training that I'll complete through satellite sessions with providers from all over the world. It's an amazing opportunity, and when I was chosen, I immediately said yes. I started the first session in January, and I've already learned so much.

I was excited to further my training because I've seen the options Invisalign has given our patients. You don't need a referral to an orthodontist, and some mild cases can be treated in just a few weeks, so it's often less costly than braces. We even have single-arch options, so if you have one tooth that's crooked, we can focus on that specific area. If your teeth have relapsed after years without braces, Invisalign can also give your teeth a fine-tuning.

What I like most about Invisalign, though, is the opportunity it gives people to feel more confident in themselves, and that goes beyond appearance. There are a lot of cases where aligning your

teeth into a better position translates to better health. If your teeth are crowded, it's probably harder to reach in between the spaces, and that allows plaque to build up. When we straighten your teeth, it often gives you better access to hard-to-reach spots, leading to a cleaner mouth and an even a brighter smile.

Your teeth are meant to connect at certain angles for optimal function, and when they're crowded, overlapping, or crossed, they're in what we call a "traumatic position." That positioning can lead to breakages, fractures, and gum recession because the foundation of your teeth is under so much stress. So straightening is not just aesthetic — I love that aspect of it, but there's also a lot of functionality that can be improved by aligning your teeth.

After treatment, you can also use the custom trays for whitening and as night guards, so they have multiple uses. You might wonder what role whitening plays in holistic dentistry. Like straightening, the benefits of whitening go beyond the aesthetic value.

Because our whitening gel is peroxide-based, it has antibacterial properties. When you put the gel in your trays and wear it for an hour, you've greatly lowered the bacterial count in your mouth. You might notice that the rest of the day, you don't get as much plaque on your teeth, and it's because of the lower bacteria count.

In addition to keeping your mouth feeling cleaner, the gels we use for whitening can also be used to remineralize teeth. For patients who are prone to cavities, we have a specific mineral paste that remineralizes your teeth while you wear your trays. Our goal is to help you keep your teeth until you're at least 100, and creating proper alignment and stronger teeth can help us toward this goal.

Speaking of goals, most people who set New Year's resolutions tend to forget about them by February. My biggest reminder to you is this: Whatever positive steps you've taken for your health, keep up the momentum! If you slip, it's ok. Pick up where you are now, and keep going!

That's what we're focusing on at home, too. After the unexpected turns our life took last February, we can really appreciate how nice it is to be at home. With my girls' birthdays coming up, we're reminded how lucky we are to celebrate together.

Enjoy your own time with your loved ones. Recommit to those New Year's goals, or go ahead and make some new ones and have a happy February.

-Dr. Silva

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## EDUCATION IN THE KITCHEN

### WHAT YOUR CHILD CAN LEARN FROM BAKING



With Valentine's Day right around the corner, you're probably wracking your brain for the perfect recipe to bake for your loved one. There's nothing wrong with store-bought chocolate, but there's no topping the personal touch of some homemade baked goods. If you have kids, baking alongside them can be just as rewarding as enjoying the fruits of your labor. As an added bonus, baking is a hands-on opportunity where your child can learn all sorts of important concepts. Here is a short list of some of the educational lessons hiding in your kitchen.

#### MATH

Baking is a numbers game. Just take a look at any recipe, and you'll recognize the importance of math in building a beautiful cake. Having children measure out ingredients helps them learn about fractions and ratios. You can also test your kids by doubling or halving a recipe for multiplication and division practice. With older kids, practice unit conversions by asking, for example, how many pints are in half a gallon.

#### FOLLOWING DIRECTIONS

Not unlike computer science, baking requires a strict order of operations. The wet and dry ingredients often need to be mixed separately and then folded together. It only takes one deviation from the instructions for a pastry to go from delicious to disgusting. Spending time in the kitchen, then, is a great way for kids to learn the importance of reading directions carefully and comprehending what they've just read.

#### CULTURAL UNDERSTANDING

Cuisine is a fundamental part of every culture. Introducing your child to dishes from around the world will expand their horizons. Want your child to be a less picky eater? Involving them in the cooking process is the surest way to get them excited about trying new flavors and ingredients.

#### NUTRITION

Now, you might not think that baking cookies will encourage greater nutritional awareness, but hear us out. Sugar is often buried within packaged foods. When you bake something at home, a child gets to see, firsthand, just how much sugar goes into certain sweets. Meanwhile, cooking savory dishes also allows them to learn what constitutes a balanced, healthy diet.

# Why we take x-rays and what they're used for

X-rays use radiation to produce images of our internal features. We're exposed to radiation in many forms every day. There are low levels, like the radiation you get from the sun or the amount you're exposed to on a flight from New York to LA, and higher levels, like the exposure you get from smoking a pack of cigarettes every day.

With modern radiation standards, trained medical professionals are able to safely administer radiation so that X-rays can be used to view different areas of the body.

- **Mammograms** – Mammograms are used to detect signs of breast disease. Now, advances in digital mammography can further reduce radiation exposure by 50 percent as they convert the X-rays into electrical signals.
- **Computed Tomography (CT) Scans** – This type of X-ray produces a very fast and detailed image of a person's body, making it valuable in evaluating medical emergencies. However, with its higher power also comes a higher exposure to radiation. Because of this, doctors tend to use it only when necessary.

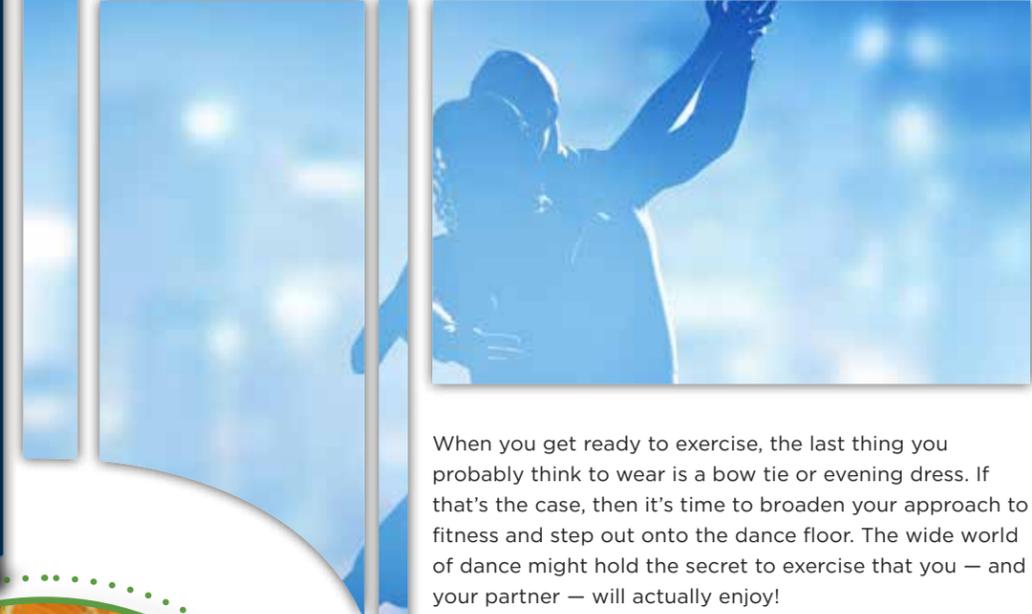
- **Angiograms** – To learn more about your blood vessels and especially potential heart issues, your doctor may order an angiogram. By injecting a contrast agent into your bloodstream, they can view your blood vessels in the X-ray and potentially pinpoint and treat blockages without surgery.

DENTAL X-RAY RADIATION COMPARISON		
IONIZING RADIATION SOURCE	EXPOSURE IN MILLIREMS	EQUIVALENT # OF LOW DOSE DIGITAL DENTAL X-RAYS
CT SCAN	1100	12,200
MAMMOGRAM	500 - 1000	5,500 - 11,000
ANNUAL BACKGROUND RADIATION	360	4000
CHEST X-RAY	10 - 40	100 - 400
DAILY EXPOSURE FROM NATURE	0.98	10
TRADITIONAL DENTAL X-RAY	0.95	10
AIRLINE FLIGHT (PER HOUR)	0.3 - 0.9	3 - 10 PER HOUR OF FLIGHT
OUR DIGITAL DENTAL X-RAY	0.09	1

- **Interoral and Extraoral X-rays** – Dental X-rays use low doses of radiation to take intraoral and extraoral X-rays. Most dental X-rays expose you to less radiation than a flight from Chicago to Milwaukee. Intraoral X-rays are taken inside the mouth, whereas extraoral are taken outside of the mouth. Intraoral X-rays are used more often because of the level of detail they provide, while extraoral X-rays give us the "big picture" of your oral health.

The high level of detail provided by dental X-rays help us check your tooth structure, gum health, alignment, and bone density, making them essential preventive tools.

## FALL IN LOVE WITH FITNESS THROUGH DANCE



When you get ready to exercise, the last thing you probably think to wear is a bow tie or evening dress. If that's the case, then it's time to broaden your approach to fitness and step out onto the dance floor. The wide world of dance might hold the secret to exercise that you — and your partner — will actually enjoy!

Whether you enjoy a romantic waltz, an intimate salsa, or a fun swing, dance promises a full-body workout. Your legs, glutes, back, core, and even arms are engaged when you feel the music. A study from the University of Brighton in England found that dance can burn 600 calories per hour, depending on the intensity of the dance, which is as much as running for an hour! In addition to toning your muscles, dancing also improves balance and coordination. Your brain is engaged as you memorize the steps and spins, a health perk you miss when you're on the treadmill or lifting weights.

Don't have a partner willing to join you on the dance floor? No problem! Many dance classes anticipate having solo students and arrange for partners to cycle through, so everyone has the opportunity to practice. Of course, ballroom dance isn't your only option for a fun workout. If relying on a partner isn't your style, there are plenty of other dance genres you can groove to. Consider trying K-pop (Korean pop music), Zumba, hip-hop, ballet, tap, and even belly dancing, if you're feeling adventurous.

With dance, exercise becomes an activity you look forward to. You no longer need to treat exercise as a dreaded chore week after week. Even if you have two left feet, remember that dancing is an acquired skill. With a willingness to learn, over time, you could dance circles around Fred Astaire and Ginger Rogers. Get your groove on today and search for dance studios in your area, look for lessons at your local community center, or find instructional videos online and bust a move right in your living room. When it comes to dance, if you're having fun and moving, you're doing it right.

## NEED A LITTLE SPICE IN YOUR LIFE?



Spices and herbs add much more than flavor and aroma to your favorite beverages and treats. They also offer many health benefits. When properly deployed, these spice rack staples can ease a variety of symptoms. Ready to find your new holistic health kick? Read on.

### NUTMEG

This spice, known for its earthy, nutty flavor, has anti-inflammatory and antimicrobial properties. Want to calm nagging pain? This spice has been used to treat joint pain and arthritis. It can even be used to remedy bad breath. Nutmeg is most potent when it's freshly grated, so it's recommended you purchase whole nutmeg seed, found in most specialty food stores. You can incorporate nutmeg into your diet by taking it as a supplement in

capsule form or simply sprinkling it into your next chai tea. Your achy joints will thank you.

### GINGER

This root is an *essential* natural anti-inflammatory. It can help ease an upset stomach and finally tame your nausea. You can safely eat it raw, candied, as a supplement, in tea, or in baked goods. Ginger is most effective when it's ingested raw or in capsule form. If you have morning sickness, raw ginger might do the trick. Just ask the people of ancient China. Like many spices, ginger's use as a supplement goes back centuries. Southeast Asian countries used it to ease their own common ailments. Call it tried and true.

### PEPPERMINT

You can use peppermint as an essential oil, steep the leaves for tea, or take a supplement capsule. Each form comes with its own benefits. As an essential oil, peppermint is great for treating colds. It's a mild decongestant, and it helps with coughs and stuffed-up noses. It also soothes sore throats and headaches. Rub one or two drops under your nose, on your temples, or over your sinuses and feel the relief wash over you! Even further, a study published by The BMJ found that when administered as a capsule, peppermint helped reduce the symptoms of IBS in a majority of patients.

## Mango-Ginger Smoothie



**Time: 10 minutes.**

### INGREDIENTS

- ½ cup cooked red lentils, cooled
- 1 cup frozen mango chunks
- ¾ cup carrot juice
- 1 teaspoon chopped fresh ginger
- 1 teaspoon honey
- Pinch of ground cardamom, plus more for garnish
- 3 ice cubes

### DIRECTIONS

1. Place lentils, mango, carrot juice, ginger, honey, cardamom, and ice cubes in a blender. Blend on high until very smooth, 2-3 minutes. Garnish with more cardamom, if desired.

**To cook red lentils:** Cook in boiling water until just tender, about 15 minutes. Drain and cool. (1 cup dry = 2-1/2 cups cooked.) Refrigerate for up to 3 days or freeze in 1/2-cup portions for up to 3 months and thaw before using.

[eatingwell.com/recipe/258525/mango-ginger-smoothie](https://www.eatingwell.com/recipe/258525/mango-ginger-smoothie)