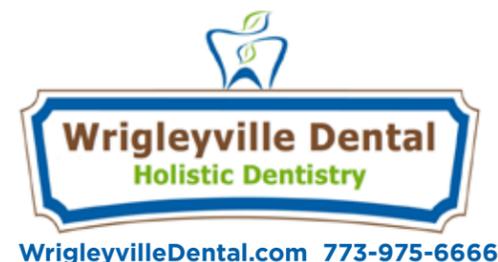




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December 2018

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MULTICULTURAL CELEBRATIONS

TEACH YOUR KIDS ABOUT WINTER HOLIDAYS

According to the Pew Research Center, Christmas is the most celebrated December holiday in the U.S. Yet, like the melting pot it is, the U.S. contains many cultures from across the globe, each with their own traditions. Teach your kids about some of the holiday celebrations from different cultures this season.

KWANZAA

Created in 1966 by black studies professor Maulana Karenga during the Black Nationalist Movement, Kwanzaa is a seven-day celebration and reflection period for African Americans. The week offers African Americans the opportunity to connect with African culture and history by celebrating the seven principles of African heritage, which include unity, self-determination, and creativity.

HANUKKAH

Hanukkah commemorates the victory by an outnumbered army of Jews over

Greek-Syrian invaders in the second century B.C.E. The tradition of the eight-day celebration and the lighting of the menorah candles comes from the story of a miracle that happened during the rebellion, when a one-day supply of oil burned for eight days in a temple.

DIWALI

Though celebrated in late fall, Diwali is a Hindu holiday that's known as the festival of lights. Its main purpose is to celebrate the triumph of good over evil, and the five-day festival includes the lighting of candles or lamps, feasting, and giving gifts

to family and friends. Diwali also celebrates the Hindu new year and is the largest, most widely celebrated festival in India.

This is not an exhaustive list by any means, but educating our children about holiday practices other than Christmas will give them a broader worldview and inspire them to gain further knowledge about cultures outside their own. Your local library is a great resource for children's literature on these holidays, and there are also TV programs from PBS that feature episodes on these traditions. Enjoy the winter holiday season, however you decide to celebrate!

Every December, I like to set aside some time to reflect on the past year. Every year has its ups and downs, its wins and losses. But more importantly, every year brings something special with it. This year felt like it flew by especially fast — or is that just us? Maybe it was because of how much we accomplished or the excitement of each day as we approached the end of 2018. It felt like it happened in the blink of an eye!

In that respect, I'd like to share with you some of the highlights of our accomplishments this year.

WELCOMING NEW STAFF

As Wrigleyville Dental grows, so does our need for new staff members. Most of you have had the pleasure of meeting Jen, our rock star patient coordinator. Jen has done an amazing job serving as a liaison between our patients, doctors, and sometimes even the insurance companies. She does all this to ensure your visit proves to be a great one. If you called the office or received an email, it most likely came from Jen! She is the first friendly smile you see when you come in and typically the last one you see when you leave. She has been an amazing asset to our team.

One of our newest members is our office manager, Chris. With over two decades of dentistry experience, she knows just about everything it takes to run a dental office. She can handle any issue that arises and will make sure you are completely satisfied with your experience and the level of care we provide. If you have any questions or suggestions, please feel free to speak with her. She has helped our team tremendously, and we are very excited to have her!

Our newest doctor, Dr. Shira Levy, joined us a few months ago. Dr. Levy graduated from the University of Illinois at Chicago and has been practicing general dentistry for over 10 years. Recently, she has been concentrating her practice on TMD (temporomandibular joint dysfunction) and sleep-disordered breathing. When these issues have a dental origin, Dr. Levy helps alleviate pain and symptoms to restore balance.

EMBRACING LIFELONG LEARNING

Every year, I take around 100 hours of continuing education classes. Among other courses this year, I have been traveling to New Jersey to complete a certification in biological dentistry and naturopathy. And after many hours of classes and a board exam, I am so excited to share that I have earned the prestigious certifications of a board-certified naturopathic physician and a board-certified integrative biological dentist. I am happy to have gained an immense amount of knowledge throughout my course that I can implement within our practice.

BRINGING THE BEST TO OUR PATIENTS

Every year we try to improve the quality of our patients' experiences. We know that going to the dentist may not be the

most fun, but we do what we can to make it more enjoyable. (And actually, we do have patients who say they LOVE coming to the dentist since they started coming here! We love hearing that.) The music and Netflix options make appointments a bit more fun, especially for the kids. (The famous movie here has been "Coco" — it's been playing almost every day.) The essential oils also help get appointments off to a relaxing start.

There are a few things we added this year to make the experience even better for patients.

We now offer earplugs to protect your ears from the high-pitched sounds in our office and to lessen outside noise. Due to popular demand, we have also stocked up on headphones! If you forget yours at home, just let us know so you can blast up your music and rock out while we work on your pearly whites. We even have that little connector for the new iPhone users! Please ask us at your next appointment if you would like to have earplugs or headphones.

We take constructive feedback from patients seriously, and after hearing your concerns about the financial burden that dental care can create, we knew we needed to figure something out. After doing our research, we found a great company called Compassionate Finance, which allows patients to choose their own payment terms. So, if you want to make small payments for a longer time or larger payments for a shorter time, they can help you customize payment options so you can afford the care you need. If you are looking for financing options, ask our administrative team about Compassionate Finance.

CHECKING OFF OUR WISH LIST

As many of you may know, at the beginning of each year, I ask the staff to come up with a wish list. 2018's equipment wish list was quite lengthy, but we've been able to cross a few things off that list!

One of the first gadgets we got this year was the CariVu. This device resembles an oral imaging device, but instead of taking photos, it shines a high-powered laser light that allows us to see between teeth. It helps us detect cavities, similar to an X-ray, but without the radiation. This is very cool technology that helps us be more precise about the location of cavities, and it's safe and effective on both kids and adults. We're a little excited about it — can't you tell?

Another new gadget is the Oral Potential Meter. Research has shown that having various types of metals in the mouth can cause adverse reactions in the rest of the body. Think about it this way: Someone with a gold crown, porcelain-fused-to-metal crown, amalgam-mercury filling, and/or metal wiring can essentially have electric currents running inside the mouth. Having many dissimilar metals

Celebrating the Positive in 2018

EVERY YEAR BRINGS SOMETHING SPECIAL

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and saliva as a conductor can cause the mouth to become a kind of battery, which can interfere with your natural battery, your heart. To assess this, the Oral Potential Meter machine measures voltage, current, and energy that a particular restoration emits, allowing us to assess if a tooth with a metal material may be causing adverse effects to a patient's health by the amount of current it is generating. That's some pretty wild, scary, and cool stuff that we can find out with one machine, isn't it?

Throughout the year, we have been diving deep into the field of sleep-disordered breathing and obstructive sleep apnea. With the addition of Dr. Shira Levy, we bought an at-home sleep test. Instead of going to a hospital or to a third party to be tested for a sleep issue, we have the equipment to get you tested right here, and you can use it at home! This is a simple machine worn at night that measures your sleeping and breathing patterns as well as your oxygen levels. The results are read by a certified sleep specialist (a medical doctor), just like a hospital-based test. From these results, we can discuss the proper course of action to treat disordered sleep issues, teeth grinding, snoring, headaches, restlessness, and a whole bunch of other issues. We're excited to grow in this area in 2019 and help you find treatment for your sleep troubles.

Lastly, we will be getting new dental chairs! Installation will either take place at the end of this year or early next year, and we will equip two treatment rooms with brand new chairs that you get to sit in. The new material is softer, plusher, and more comfortable, while also being more ergonomic for the doctors. We are extremely excited for this and all of the new improvements at our office!

With everything we do, we hope to help you achieve a healthier start to the new year. People are thinking a lot about exercising more, getting healthier, and losing weight around this time of year. But you should consider getting to know your body better from the inside out. We're making a resolution for a healthier us, not just to reduce our jean sizes but also to invest in our holistic well-being and get to know our bodies better. We hope you'll join us!

To help you get a jump-start on your better, healthier self in the new year, we're offering these tests at a \$25 discount through the month of December.

MERCURY TEST: The most accurate way of measuring mercury levels in the body. The results show the mercury levels in your diet and those in your mouth. It also tells us how your liver and kidneys are working to filter out the mercury and if they need extra support.

SLEEP TEST: For the diagnosis of possible sleep disorders. It records sleep and breathing patterns as well as oxygen levels, identifying any factors that may be inhibiting you from getting a good night's rest.

ORAL DNA TEST: Periodontal disease risk assessment test. Also detects HPV.

Call us today to sign up!

—Dr. Teplitzky

SUDOKU

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WE'RE DREAMING OF A WHITE CHRISTMAS



3 NATURAL WAYS TO WHITEN TEETH

In addition to snow, many of us would love to have white smiles for the holidays. With all the festivities and events going on, it can be tough to fit in an appointment for whitening. Here are three options that you can use to whiten your teeth from the comfort of your own home.

COCONUT OIL

It's delicious in baked goods and stir-fries, it's a great moisturizer, and it also helps clean and whiten teeth. Simply rinse and swish with a teaspoon of coconut oil and pull it through your teeth for five minutes. The antibacterial properties of coconut oil also help keep your mouth clean. Of course, like any whitening treatment, this should be done in addition to your daily brushing and flossing routine.

Warning: Skip this one if you have silver-amalgam fillings.

ACTIVATED CHARCOAL

Activated charcoal is a known way to rid the body of toxins, and it can be beneficial for teeth as well. Use activated charcoal powder (this can be mixed with baking soda and essential oils to enhance the taste) and brush the paste onto your teeth. Believe in the black — your teeth may look dirty as you're going through this process, but the charcoal is working to remove stains and brighten your teeth. Rinse well after you are finished brushing and enjoy the results.

AT-HOME WHITENING TRAYS

At-home whitening kits come in either tubes of professional-strength whitening gel to use with custom-fitted trays or in a "ready to go" prefilled adjustable tray that requires no impressions. By wearing these at-home kits for less than an hour every day over a week or two, you'll be able to whiten with ease. Talk to our team at Wrigleyville Dental about our take-home whitening kits.

WHITE CHRISTMAS SPECIAL AT WRIGLEYVILLE DENTAL!

Are you dreaming of a white smile for Christmas? It's the perfect time to take advantage of our White Christmas Special! Now through December, take 25 percent off our take-home whitening kits. Call our office today and learn more about this special discount on whitening services.



AN OUNCE OF PREVENTION FOR DRY SKIN

Natural Solutions

The effects of winter can be harsh on your skin. Dry skin is frustrating, especially when it becomes chapped and cracked. Sunlight, cold and dry air, certain soaps, and chemicals all aggravate and worsen this condition because they weaken the outer layer of skin and make it less capable of retaining and replacing moisture. Your genes are also to blame, since certain skin types are more prone to dryness.

You know the old adage that an ounce of prevention is worth a pound of cure? When it comes to preventing painful cracked skin, this sage advice holds true. It starts with moisturizing, says dermatologist Ellen Marmur. "The best prevention is to begin using a moisturizer before your hands show signs of dryness."

Two ingredients are key to an effective moisturizer: humectants, which draw moisture from the skin to maintain hydration, and emollients, which smooth the skin and retain moisture. Both come in synthetic and natural forms and are easily found at your local

grocery store. Natural humectants and emollients hydrate the skin long-term, while synthetic versions may soften the skin for a while, but don't moisturize as well. For natural humectants, use ingredients such as aloe, honey, and glycerin. Natural emollients include shea butter and avocado oil. Lotions with added fragrance can further irritate already-dry skin, so it's best to use fragrance-free.

Once you've picked your favorite moisturizer, store it in an obvious place — your desk, nightstand, car — where it'll serve as a reminder to reapply it throughout the day. Once is not enough, Dr. Marmur points out. A single use is enough protection for only about five minutes.

With your moisturizing routine down, protect your skin from the elements by covering sensitive areas, like your hands and feet, with protective layers. Use warm water instead of hot water to wash, and try to limit showers to less than 10 minutes. Even though they feel good, long, hot showers dry out the skin more. If you live in a cold or dry climate, you might also consider using a humidifier for added moisture.

Roasted Delicata Squash With Almonds

<https://40aprons.com/best-paleo-stuffing/>

INGREDIENTS

- 3 delicata squash (about 1 pound each), halved and seeded
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon Aleppo pepper or smoked paprika
- Salt and freshly ground pepper, to taste
- 1/4 cup roasted almonds, preferably Marcona, coarsely chopped
- 1 teaspoon agave nectar
- Chopped fresh chives, to garnish

DIRECTIONS

1. Heat oven to 350 F.
2. On a workspace, brush cut sides of squash with olive oil and season cavity with salt, pepper, and Aleppo or paprika.
3. Place squash cut-side down on a baking sheet and roast for 45 minutes.
4. Remove squash from oven, let cool for 5 minutes, and top with crushed almonds, chives, and a drizzle of oil and agave nectar.
5. Serve immediately.