

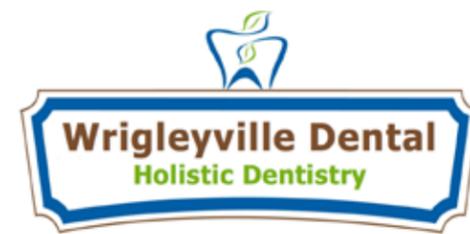


3256 N. Ashland Ave., Chicago, IL 60657

Inside

- Spring Updates From Dr. Donkoh pg. 1
- 6 Empowering Books to Read With Your Kids for International Women's Day pg. 2
- Supporting Your Teen's Art pg. 2
- Ratatouille pg. 3
- The Importance of a Good Night's Sleep pg. 3

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March 2020

UPDATED OFFICE HOURS

**While our hours are the same, some of the doctors' schedules have shifted. If you would like to schedule your appointment with a specific doctor, please note their schedule may have changed.*

OFFICE HOURS:

- Mon: 7 a.m.-7 p.m.
- Tue: 7 a.m.-2 p.m.
- Wed: 8 a.m.-8 p.m.
- Thu: 8 a.m.-2 p.m.
- Fri: 8 a.m.-2 p.m. (every other)
- Sat: 8 a.m.-2 p.m. (every other)

DR. TEPLITSKY:

- Mon: 7 a.m.-1 p.m.
- Tue: 7 a.m.-2 p.m.
- Wed: 8 a.m.-2 p.m. (every other)

DR. JULIA:

- Mon: 2-7 p.m.
- Wed: 8 a.m.-2 p.m.
- Fri: 8 a.m.-2 p.m. (every other)

DR. DONKOH:

- Wed: 3-8 p.m. (every other)
- Thu: 8 a.m.-2 p.m.
- Sat: 8 a.m.-2 p.m. (every other)

DR. LEVY:

- Mon: 7 a.m.-1 p.m.
- Wed: 3-8 p.m.

Spring Brings Joy and Learning



Hello! I'm excited to connect with you this month and share a bit of what's going on in my world!

Spring will be the start of many wonderful things for us this year, beginning with the arrival of our

second baby girl in April. My first daughter, Afia, who's 1 1/2, will be a big sister, and while it's hard to know if she completely understands what's going on, she seems to be pretty aware that Mom is expecting. She's been pointing to my belly, saying "baby," and kissing it. It's been so sweet to experience the love that's already there for our soon-to-be family member. With a baby on the way, I'll be going on maternity leave at the beginning of April.

At home, we've been continuing to focus on eating nutritious, healthy meals. Recently, we joined a food club that sources directly from local farmers, including produce, meats, and dairy products. We're really enjoying this experience of being able to get nutritious food that was raised close to home in a clean, organic way, and it's been a positive change for us. Instead of going to the grocery store, we get fresh food each week from local farmers.

In addition to the changes on the homefront, life has been full and exciting for me in the professional capacity as well. In November, I got to go to Arizona to attend a meeting focused on temporomandibular joints. We had the chance to read MRI images and learn about how this imaging is helping us better diagnose conditions of the joint.

Early February took me to California for a course through The Breathe Institute called Breathe Baby. The course looked at infant sleep, breathing, and healthy eating and focused on frenuloplasty, or frenectomy, which is the revision of the tissues that connect the tongue to the floor of the mouth or the tissues that connects the upper lip to the gum. This treatment can help babies feed better and help mothers with the nursing process.

At the end of the month, I went to a conference hosted by the American Academy of Restorative Dentistry. It's always a very interesting meeting, and I was just as impressed this year as I was last year. Several interesting presenters spoke on different topics in restorative dentistry, and dentists from all over the world attended. It's wonderful to have such diverse knowledge and experience in one place, and it's great to get up-to-date information about new research and techniques in dentistry.

I enjoy going to these trainings and conferences because I always come back feeling inspired, and they greatly benefit my practice of dentistry. Any time I learn something new, I bring it back to Wrigleyville Dental and begin to incorporate it into my existing practice, and the more comfortable I get with new techniques, procedures, and instruments, the more I use them.

While I learn a lot by seeking knowledge outside the office, I also learn a lot right here from our team and our patients. We have such an amazing community at Wrigleyville Dental, and I love being surrounded by people who are as passionate about holistic health care as I am.

A couple months ago, a patient shared their knowledge about electromagnetic frequencies (EMF) and 5G and educated me on some of what's been going on in the Chicago area regarding these issues. For a while, I've been aware of potential health concerns as a result of EMF, but it's also not my area of specialty, and I'm not as up to date in the recent research surrounding it. It's inspiring to talk to patients who know so much more than I do. It makes for interesting conversations and gets me curious to know more. I'm always learning from you! Thank you for sharing your knowledge and making my job more fun!

I wish you a happy and healthy start to spring, and until next time,

-Dr. Courtney Donkoh

WE'RE CELEBRATING FIVE YEARS ON ASHLAND AVE.!

YOU'RE INVITED!

Ever wonder what the Wrigleyville Dental team looks like without scrubs on?

Come find out on **Saturday, March 21 from 10 a.m.-2 p.m.**

We'll have adult and kid-friendly beverages, snacks, raffles, local art, and all sorts of fun for the entire family.

Do you know the pH of your saliva? Have you ever seen your tooth magnified 100 times larger? What does ozone water taste like? Find out these answers and more while experiencing dentistry in a whole-istic different way. See you soon!



A PARENT'S GUIDE TO INTERNATIONAL WOMEN'S DAY

6 Empowering Books About Girls to Read With Your Kids

This year, men and women around the world will celebrate International Women's Day with lectures, panels, and marches on March 8, but have you thought about how you can bring the spirit of celebrating women's rights into your home? If you haven't planned a family activity around girl power yet, consider adding some inspiring tales of real-life women to your bedtime story routine.

A few years ago for Women's History Month, HuffPost rounded up 17 such books, and we've picked some of our favorites! If you're on the hunt for reading material, head to the library and check one of these stories out.

'RAD AMERICAN WOMEN A-Z: REBELS, TRAILBLAZERS, AND VISIONARIES WHO SHAPED OUR HISTORY ... AND OUR FUTURE!'

BY KATE SCHATZ

This book explores 26 women of all stripes, one for each letter of the alphabet. Snag a copy to share the stories of Billie Jean King, Rachel Carson, Sonia Sotomayor, and more with your kids ages 8 and up! For a similar read focused on incredible girls rather than women, check out "Shaking Things Up: 14 Young Women Who Changed the World" by Susan Hood.

'WHO SAYS WOMEN CAN'T BE DOCTORS?: THE STORY OF ELIZABETH BLACKWELL' BY TANYA LEE STONE

The title of this book says it all! In it, the author tells the story of Elizabeth Blackwell, the first American woman to don the white doctor's coat at a time when most girls were expected to stay home. This book is recommended for kids ages 5 and up, as is its sequel, "Who Says Women Can't Be Computer Programmers?: The Story of Ada Lovelace."

'WOMEN IN SCIENCE: 50 FEARLESS PIONEERS WHO CHANGED THE WORLD' BY RACHEL IGNOTOFSKY

This beautifully illustrated book reads almost like a collection of folktales, following the careers of women in STEM "from the ancient to the modern world." There's no better way to share the stories of brilliant ladies like Jane Goodall, Katia Krafft, and Marjory Stoneman Douglas with your kids. Check out the companion books about women in art and sports, too!

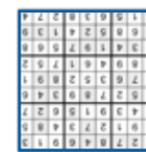
'DOLORES HUERTA: A HERO TO MIGRANT WORKERS' BY SARAH WARREN

This short book for 6-8-year-olds tells the story of Dolores Huerta, an often-overlooked American activist who helped lead the charge for the rights of immigrant workers. A teacher by trade, Dolores was inspired to become "a warrior, an organizer, and a peacemaker" by her students. Don't miss this chance to share her tale with your little ones!

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A GOOD NIGHT'S SLEEP IS A MATTER OF HEALTH



If you have ever questioned how important quality sleep really is to your health, a study performed by Harvard scientists in Greece might help paint a better picture.

For so many years, people in Greece closed down their shops for a few hours in the afternoon to allow them time to go home and sleep. That is until the 1990s, when Greek culture began to do away with this ritual. Several years later, a group of scientists began a study of 23,681 healthy Greek men and women to determine if this change had an impact on their health. Some participants still practiced napping while others did not, and the results were as expected: Over the six-year period researchers looked at, the risk for death from heart attack was reduced by 37% in the group that napped regularly. The effect was even stronger among men than women. Working men who napped at least occasionally were over 60% less likely to die from coronary disease than their non-napping peers.

These findings speak volumes about how important it is for our overall health to get good sleep. In addition to this study, scientists have found that lack of sleep can impair your memory, ability to handle stress, alertness, and quality of life. Cytokines, proteins that fight infection and inflammation, are one of the things our body produces when we sleep. If we're not sleeping, we may not produce as many cytokines, which could impact our body's ability to fight off disease. These impairments may explain the correlation between insufficient sleep and higher rates of disease.

When it comes to sleep, quality *and* quantity are important. Sleep expert Matthew Walker suggests giving yourself a "nonnegotiable eight-hour sleep opportunity every night." If it comes down to choosing between sleep and something else, choose a good night's sleep.

The research around the importance of sleep shows it's all the more crucial that those suffering from sleep disorders, like sleep apnea, get treatment as soon as possible. Disordered breathing often goes undiagnosed in children or is treated with methods that don't solve the root cause and make the condition worse. Some think it's cute, but a snoring child or one who grinds their teeth is not normal or healthy.

If you're concerned about your child's sleep patterns, or your own, talk to our team at Wrigleyville Dental. Our experienced dentists have the resources and knowledge to help ensure you get the treatment you need and the support you deserve.

ARTFUL PARENTING

How to Support Your Teen's Artistic Passions



When a teenager is involved in sports, it's easy to show support for their passion. You take them to practice, go to their games, celebrate their victories, and help them learn from their losses. But what if your teen is more into arts than athletics? Without a literal sideline to cheer

from, helping your child grow and develop in fields like writing, painting, and photography can feel — well, abstract. But make no mistake, parents can show concrete support in a few ways to help their budding artist grow and excel in the arts.

STARS TO STRIVE FOR

Just as many young athletes have star players they look up to and try to emulate on the field, aspiring artists can look to those making waves in their artistic fields today. Often, school courses focus on "the classics," which can just feel like homework to an aspiring artist. This is where you can help. Introduce the work of contemporary artists to your teen, or better yet, give your teen opportunities to discover them on their own. Trips to museums and libraries can be just as impactful on growing artists as going to a ball game.

NO. 1 FAN

You may not have to drive your high schooler to writing practice, but you can still give them the tools and support they need to hone their passion. The most obvious way is by asking to see their writing or art, but keep in mind many teens may not be willing to share something that personal. Still, reminding them you're genuinely interested in their work can help them stick with their passion. Indirect gestures like buying them quality art supplies can also show them you value their craft.

THE BIG LEAGUES

Sure, there's no varsity watercolor portrait team, but student artists can strive for important milestones. School clubs like student newspapers can provide a semiprofessional outlet for young artists, and there are myriad creative outlets outside the classroom as well. Community galleries, youth anthologies, coffee shop open mics — these are all amazing opportunities for your teen to take their work to the next level.

Just as most teen athletes won't be professional players, you don't have to expect your artist to be the next Ursula K. Le Guin or Banksy. Whatever their interests are, helping your child explore their passions and enjoy a discipline will leave them with skills and memories they'll draw upon the rest of their life.

Ratatouille

Inspired by Bon Appétit

INGREDIENTS

- 1 eggplant, peeled and chopped
- 1 large zucchini, sliced into 1/4-inch-thick rounds
- 2 tsp salt
- 3/4 cup olive oil, divided
- 5 sprigs thyme
- 1 large onion, halved and sliced 1/2-inch thick
- 1 red bell pepper, chopped
- 2 garlic cloves, sliced
- 2 pints cherry tomatoes

DIRECTIONS

1. Heat oven to 400 F.
2. In a colander, toss eggplant, zucchini, and salt. Let sit for 30 minutes and pat dry.
3. In an ovenproof pot, heat 1/2 cup olive oil. Add half of eggplant mixture, stirring constantly for 5 minutes. Remove vegetables from pot.
4. Tie thyme sprigs together with kitchen twine.
5. In the same pot, heat remaining 1/4 cup olive oil, and cook onion, pepper, garlic, and thyme for 8-10 minutes.
6. Add half the tomatoes and cook for 5 minutes.
7. Stir in original eggplant and zucchini mixture and top with remaining tomatoes. Do not stir.
8. Transfer pot to oven and bake mixture for 15-20 minutes.
9. Remove pot from oven and remove thyme bundle before serving.

