

Dr. Dolgow & Dr. Fiacos DENTAL DIARY

Complete Family Dental Care
Mastership Academy of General Dentistry
General Member Academy of Cosmetic Dentistry
Florida Academy of Cosmetic Dentistry

Produced to improve your dental health and awareness



Spring 2010

Children's Oral Health

See a Baby Tooth? See a Dentist

Baby teeth are worth more than just a dollar under the pillow. Providing proper care and oral hygiene during a child's first year of life can mean a lifetime of good oral health. Traditionally, parents have waited to bring their children to the dentist until primary teeth begin to appear. The Academy of General Dentistry advises parents to take their child to a dentist by age 1 or within 6 months of the eruption of the first baby tooth.

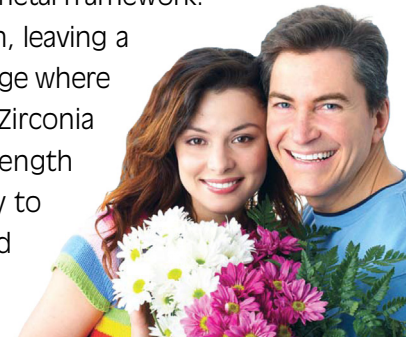
Dental Sealants

In addition to good oral hygiene, including brushing and flossing, there are ways to protect teeth from decay. Dental sealants can protect teeth and seal them off from decay-causing bacteria. Dental sealants are made of plastic and are applied to the chewing surfaces of the back teeth to prevent decay. The plastic fits into the depressions and grooves of the teeth. The sealants protect tooth enamel from the bacteria and acids that cause decay.

Lava Crown and Bridges Give Your Smile A Brighter Future

Traditionally, crowns and bridges were made of metal, because it is strong and relatively inexpensive. Then came porcelain fused to metal restorations, which came closer to the look of real teeth and provides strength, durability and fit. But it is difficult to achieve the translucency of your natural teeth with a restoration that has a metal framework.

Light does not pass through the metal restoration like it does through your own teeth, leaving a dull, lifeless appearance. In addition, over time, the metal framework can leave a dark ridge where the gums recede. Today there's a solution as beautiful as nature itself, the Lava Zirconia restorations. Lava Zirconia offers the benefits of porcelain fused to metal with strength and longevity. Just as important, Lava Zirconia restorations can be matched precisely to the color of your own teeth and provide the natural translucency that metal-based restorations can't. Call our office to learn more. Your smile deserves something more precious than metal. Bring out the natural beauty in your smile!



KnowYourTeeth.com is a new and exciting website offered through our professional organization, the Academy of General Dentistry (AGD). The AGD is an organization founded on excellence through lifelong education, a principle that we strongly support. Our pursuit of education in dentistry has allowed us to offer you, our patients, the best possible dental care. Now the AGD is offering you an online experience that will surely make you a believer in lifelong learning as well. Visit KnowYourTeeth.com today, to learn all things dental.

A Big Thank You To...

- Bernice & Harvey Kaufman for the cute pink outfit for baby Zoe
- Shirley Needle for the beautiful baby blanket & towel
- Nancy Cormia for the baby sweater and pant outfit
- Dr. Dolgow & Elise for the custom framed baby name with Greek lettering
- John Simitses for the Baby Einstein DVDs & puzzle box
- Mairin Hitsman for the homemade muffins and the delicious BBQ sauce
- MaryLee Parker for the homemade strawberry bars and napkins
- Dr. Grenier & Staff for the Sweet Things cookie platter
- Drs. Tom McCawley & Deture for the box of Valentine's Day chocolates
- Barbara Buonomo for the beautiful baby dress and matching shoes
- Terry & Bruce Reeb for the hand-knit baby blanket
- Kay Anderson for the pink baby outfit socks and bib
- Lynette Goldner for the cute skirt and top baby outfit
- Patty Fogelman for the beautiful hand-knit blanket with delicate bow
- Dr. Khakhria for the Amex gift cards
- Sue Bearse for the ginger cookies
- Jessica Ngsuy for the bagels
- Barbara Siegel for the cookies and cake
- Mairin Hitsman for the homemade cupcakes
- Emi Serri for the okra rice dish
- Sonia Rose for the textured octopus baby toy
- The Hitsman family for the handmade stuffed Flamingo!
- Rabbi & Mrs. Lebovics for the Purim basket
- Cor Biesman for the cookies
- Rabbi Denburg and family for the Purim basket
- Rabbi Leiberman for the Purim basket
- Mr. Biesman & Mrs. Fletcher for the chocolate chip cookies and the Dutch porcelain Delft shoes
- Mindt Milsten for the Mary Kay hand products
- Curt & Fran Koch for the delicious Edible Fruit basket
- Jamie, our hygienist, for the hand painted wooden letters for baby's room
- Dr. Grenier & wife Jennifer for the Babies-R-Us gift card
- Ben & Nikolas Rose for the "Daddy Loves Me" onesy
- Dr. Milan Khakhria & wife Pritti for baby's personalized storybook for Zoe
- Phylis & Art Rose for the adorable baby outfits
- Janet Mowbray for the Babyies R Us gift card
- Doris Milletari for the baby outfit

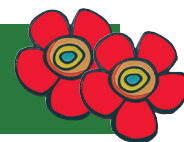
Our Congratulations To...

- Michelle Voyles on the birth of Kaylan Maria Adams
- Ian & Megan Van Moohem on the birth of Carter
- Megan & Jason Andron on the birth of Tyler Matthew
- Arthur Gelfand on his 76th birthday
- Dr. Herschthal on the marriage of his daughter
- Happy Birthday to Mrs. Lombardo
- Taylor Collins-Headley for receiving a full scholarship to Howard University
- Tommy & Cheryl Davidoff on the birth of a grandson, Harry Jay Levine
- Heather & Ross Fishbein on the birth of a daughter, Ivy Paige
- Marilyn Liroff on the birth of a granddaughter, Ivy Paige
- Anthony Amento & Alyssa Honickman on their recent marriage

Our Condolences to...

- Judy King on her dad's passing
- Geraldine Kerafin on the loss of her husband, Albert
- Carolyn Harris (Kerafin) passing of her father
- The family of Ingrid Pollak on her passing
- The family of Dr. James Krumholtz
- Selma Wax on the loss of her husband, Jack
- Jessica Condon on the loss of her mother
- The Stastio family on the loss of Joe's mother
- Rose Turchin on the passing of her sister
- Porchia Pough on the loss of her sister
- The family of Robin Struhl on the passing of her dad and grandmother
- Amy Morris on the loss of her mother, Lynn
- Andrew Meltzer on the loss of his brother

Get Well Wishes To...



- Fran Ackerman
- Marilyn & Charles Bischoff
- George Culp
- Hank Fuller
- Lynn Hinrichsen
- Joyce Kennedy
- Sally Mayerhofer
- Clint Smith

Office Update

Drs. Dolgow and Fiacos attended the annual CR Dentistry update 2010 Continuing Education course in February.

Great Truths That Children Lean

1. No matter how hard you try, you can't baptize cats.
2. When your mom is mad at your dad, don't let her brush your hair.
3. If your sister hits you, don't hit back. They always catch the second person.
4. Never ask your 3-year-old brother to hold a tomato.
5. You can't trust dogs to watch your food.
6. Don't sneeze when someone is cutting your hair.
7. Never hold a DustBuster and a cat at the same time.
8. You can't hide a piece of broccoli in a glass of milk.
9. Don't wear polkadot underwear under white shorts.
10. The best place to be when you're sad is Grandpa's lap.

Changing Definition of Success

At age 4 success is...not piddling in your pants.
At age 12 success is...having friends
At age 17 success is...having a driver's license.
At age 35 success is...having money.
At age 50 success is...having money.
At age 70 success is...having a driver's license.
At age 75 success is...having friends.
At age 80 success is...not piddling your pants.
Always remember to forget the troubles that pass your way; but NEVER forget the blessings that come each day. Have a wonderful day with many SMILES. Take the time to live! Life is too short!

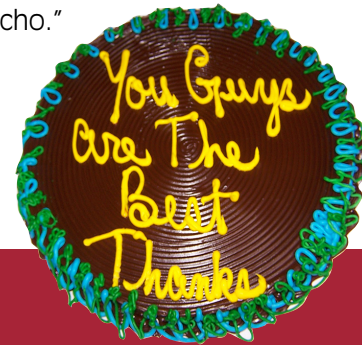
The Lighter Side of Dentistry

"Open wider." requested the dentist, as he began his examination of the patient. "Good God!" he said startled. "You've got the biggest cavity I've ever seen - the biggest cavity I've ever seen."

"OK Doc!" replied the patient. "I'm scared enough without you saying something like that twice."

"I didn't!" said the dentist. "That was the echo."

Thanks to Dr. Milan Kahkhria for the staff lunch and delicious brownie cake.



Recipe Corner: Berry Delicious Summer Salad



Sweet, juicy blueberries are the stars of this quick-toss salad, but it's equally good (and even more colorful) served with a mix of summer berries. Creamy gorgonzola cheese and walnuts compliment the perfect mix of leafy greens. Pair with grilled beef, pork, or chicken for a simple but elegant menu that's easy enough to serve anytime.

Ingredients:

8 cups mixed salad greens
2 cups fresh blueberries
½ cup crumbled Gorgonzola or blue cheese
¼ cup chopped and toasted walnuts or pecans
Bottled vinaigrette

Directions:

Gently toss ingredients together; drizzle with desired amount of vinaigrette, tossing again to coat. Yield: Makes 6 to 8 servings