



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

Spring 2010

Produced to improve your dental health and awareness

Your Dental Health

The Perio-Cardio Connection

Cardiologists join periodontists in acknowledging the perio-cardio connection. The evidence for a link between the two diseases has been mounting for many years. Now it appears more likely than ever there is, indeed a connection. This year, in a groundbreaking collaboration, cardiologists and periodontists agree: There appears to be a scientific relationship between cardiovascular disease (CVD) and periodontal disease. Treatment of one disease will have salutary effect on the other. Inflammation is the probable connection. There are certain lab tests, which may be helpful in determining this connection,



such as C-reactive protein (CRP) testing. Patients with CVD should be warned about the connection and evaluated for periodontal disease and vice versa.

Patients with periodontitis who have one known major CVD risk factor such as smoking, immediate family history, should be informed of the increased risk for atherosclerotic CVD and advised to undergo a medical evaluation if they haven't done so within the past 12 months.

A periodontal evaluation should be considered in patients with atherosclerotic CVD who have signs or symptoms of gingival disease, significant tooth loss, and unexplained elevation of CRP or inflammatory biomarkers.

Congratulations to Dr. Constantin & Stefanie Fiacos



on the recent birth of
Zoe Demetria Fiacos
Born January 23, 2010
at 10:16 am
Weight 8 lbs 11 oz.
Height 20 inches

Start Smiling Now!

Amazing Alternative To Dentures!

Now there is a solution for you, even if you're missing all your teeth. Nobel Biocare permanent implants are the alternative to dentures. They can replace everything you've lost from a beautiful smile, to taste, to ability to eat whatever you want.

Fixed bridge

With this treatment, your new teeth will look and feel just like your natural ones. People find it hard to tell the difference. Your new teeth are securely fastened to the implants and are only removable by your dentist.

Overdentures

The overdenture is securely fixed on top of at least two implants. The denture will be removed for cleaning and oral hygiene but is quite different from a conventional denture, because it provides retention in the mouth, functioning more like natural teeth.

Why dental implants?

- Preserves facial structure.
- Helps prevent bone loss.
- Helps keep you looking younger.
- Allows you to eat whatever you want
- Your ability to taste may improve.
- Life-long solution.
- Improve quality of life.

A Big Thank You To...

- Patty Fogelman for the handknit hat & sweater.
- Vilma Ortiz for the bagels & cream cheese.
- Chris Mavrakis for the wonderful food from Angela's Garden Cafe.
- Eleanor Wiggan on the delicious edible fruit basket.
- Drs. McCawley & DeTure for the cookies, drug info book and calendars for 2010.
- Dr. Wiley, orthodontist, for the Thanksgiving basket.
- Robyn Roach & Joan Pyne for the can of popcorn.
- Dr. Yang & staff for the 8 great confections boxes.
- Dr. Grenier & staff for the huge goodie basket.
- Lisa McNulty for the banana bread.
- Lou & Charlotte Garris for the nut and fruit dish.
- Dental Prosthetics for the 2 bottles of Sauvignon.
- Ada Hallem for the dried fruit arrangement.
- Gloria Romano for the chocolate dipped macaroons & chocolate chip cookies.
- Brenda Gaines for the cookie assortment.
- Sanjena Harris for the popcorn can.
- Ceramic Arts Dental Lab for the delicious chocolate cake from Word of Mouth.
- Ami Serri for the delicious best ever homemade bourekas & tahini.
- The "Anthony Family" at Dental Prosthetics Lab for the Grande Truffles.
- Anco Lab for the European cookie collection.
- The Natiello family for the nut assortments.
- Barbara Siegel for the homemade Hershey kiss cookies.
- Melanie Kaminetsky for the chocolate macadamia "moose munch."
- Phyllis Kot for the beautiful wooden chest with clementine tangerines.
- Dom & Anne Rizzi for the delicious chocolate hazelnut pralines.
- Dr. Matouk & staff for the Henry and David basket.
- Harvey & Bernice Kaufman for the fancy mini cakes.
- Peter & Anita Vitale for the pen and pencil set & hand blown glass wine stoppers.
- Betty Fass for the cookies.
- Heather Thomas for the clementine oranges.
- Dr. Donoso for the cookie tray.
- Arlene Davis for the cute baby dress with sandals.
- Marilyn Liroff for the almond nut treat.
- Julie, Jordan & Andrew for the Kilwin's Chocolates.
- Dr. Cohen for the beautiful fruit and candy boxes.
- Mr. & Mrs. Sophocles Fiacos for the lunch platters for the staff.
- Peter & Anita Vitale for the gift basket for the staff.
- George & Pat Giaras for the can cookies.
- Drs. Robert & Laurie Gittess and Dr. Bui of Westin Orthodontics for the Kilwins Chocolates.
- Sue & Skip Bears for the Russel Stover Chocolates.
- Mairin Hitsman & Michael Hitsman for her delicious homemade carrot muffins.
- Regina Levy for the Starbucks cards for our office staff.

Hand Sanitizers: What You Don't Know

We all know that having clean hands is one way to prevent seasonal cold and flu viruses, including H1N1 swine flu. But should you wash with soap and water, or coat your hands with disinfecting gel from one of those dispensers that seem to be appearing in more and more restrooms, offices, hallways and stores?



If your hands aren't actually grimy, the best way to clean them is to use hand sanitizer, according to James Scott, a microbiologist at the University of Toronto's Dalla Lana school of Public Health. "It reduces the bacterial burden to a greater extent than soap and water," he said, "And your hands stay cleaner longer than if you were to use soap and water."

Hand sanitizers must contain 60 percent or more alcohol, according to the FDA. Skim past the "kills 99.9% of bacteria" claim on the package and instead be certain that the active ingredient listed is either ethanol or isopropanol at a percentage over 60.

They also must be used correctly. Make sure hands are free of grime and dirt and then apply a palm full of product and rub vigorously for 20 to 30 seconds, making sure to distribute the sanitizer between your fingers, under your nails and jewelry, on your wrists and the back of each hand.

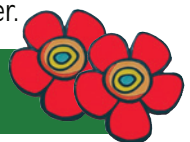
Never rinse your hands with water or wipe them with a towel after using a hand sanitizer as this will counteract the effect of the product.

Our Condolences to...

- Juanita Tsoukalas on the loss of her husband, Gus
- Candy Back on her mom's passing.
- Nancy Carr on her dad's passing.
- Judy King on her dad's passing
- JoAnne, Donald, and Jamie Eycler on the loss of their father and grandfather.
- Stefanie and Constantin Fiacos on the loss of their grandfather.
- Geraldine Karafin on the loss of her husband, Albert.
- Carolyn Harris (Kerafin) passing of her father.

Get Well Wishes To...

- Marilyn and Charles Bischoff
- George Culp
- Hank Fuller
- Lynn Hinrichsen
- Sally Mayerhofer
- Doris Milletari
- Art Rose
- Clint Smith



Any Comments?

At Dr. Dolgow and Dr. Fiacos we welcome our patients' comments on our service. We have cards in the office and you can leave reviews online. Please take a moment to give us your ideas and suggestions so that we may continue to provide the best smile products and customer service.

Dr. Dolgow and his staff are the friendliest, kindest, and most personable. They take the fear out of dentistry. Thank you, Theresa Bruni



The office decorated this pumpkin for sick children at Plantation General Hospital



Thanks to Eleanor Wiggan for the delicious Thanksgiving fruit basket.

Our Congratulations To:

- Eleanor Schmidt on her 95th birthday.
- Dr. & Mrs. Schaller on the birth of twin daughters.
- Mr. & Mrs. Schaller on the birth of granddaughters.
- Yair Soto & Sandra Vasquez on the birth of their son.
- Nick Vanella & Jackie on their marriage.
- Theresa Schaller on becoming a "double" aunt.
- Sandra Brown on the birth of her new grandson.
- Taneisha McKinley on her engagement.
- Elizabeth & John Scarlett on the birth of a baby.
- Pam Hendrix on becoming a grandmother.
- Rich Diveronica on the birth of his baby girl.
- Betty Fass on her 90th birthday.
- Michael Ross on his engagement.
- Bruce & Terry Reeb on their twin grandbabies.
- Crystal Mills on the birth of Caleb.
- Ian & Megan Van Moohem on the birth of Carter.
- Megan & Jason Andron on the birth of Tyler Matthew.

Patient Reviews

Christine S. - 1/4/2010 ★★★★★
Phenomenal staff and exceptional service from Amy, (hygienist) & Dr. Fiacos

Jacquelyn W. - 12/29/2009 ★★★★★
I've never been able to conquer my fear of going to the dentist until now. the doctors and office staff are fantastic. Thank you to Dr. Fiacos for making my root canal and crown so easy for me.

Lisa S. - 12/8/2009 ★★★★★
Awesome as always! The office is great! Wonderful staff and doctors who do an awesome job!

Jonathan C. - 11/18/2009 ★★★★★
I enjoy coming to the dentist now. Since I've been under the care of Dr. Dolgow and staff about 5 years ago, my teeth and gums have improved significantly. Always friendly calm atmosphere. Amy has a great "light touch."

Elizabeth N. - 11/17/2009 ★★★★★
I have been going to Dr. Fiacos since January '08 and have had extensive work done. It's a "love/hate" relationship since I hate the procedures but love the results! Thank God for my iPod! All the employees are very patient.

Anonymous - 11/4/2009 ★★★★★
Quick and precise. I am very satisfied with the dental care I receive.

Kimberly T. - 10/27/2009 ★★★★★
Great job. Appointment was on time.

Anonymous - 10/23/2009 ★★★★★
Your office staff are very professional, courteous, and know their job responsibilities. Dr. Fiacos also is very professional, courteous and definitely knows his job very well.

Sarah B. - 10/12/2009 ★★★★★
Everyone is always very pleasant. The office is very clean.

Ingrid K. - 10/9/2009 ★★★★★
Perfect as always. Amy is always pleasant and professional.

Bernard P. - 10/8/2009 ★★★★★
Drs. Dolgow and Fiacos and staff, thanks for the kindness and attention to me during my treatment today. Though this has always been my experience, it is always reassuring that such care is first and foremost when I visit this first class practice.

Seth F. - 10/7/2009 ★★★★★
Amazing! It was very comfortable and relaxed.

Jeffrey N. - 10/7/2009 ★★★★★
Friendly, accomodating, concerned about my comfort, and overall welfare, and flexible financially as the office has allowed me to make monthly payments.

Tidy Monkey Flosses Teeth

Humans may be reluctant to floss their teeth, but this Japanese macaque doesn't seem to mind.

By Jennifer Viegas | Tue Dec 29, 2009 07:00 AM ET

A monkey in Japan flosses its teeth with its hair, demonstrating that humans aren't the only animals that clean their teeth and invent tools to help with the task. The flosser, a free-ranging, middle-aged, female Japanese macaque named Chonpe, may have come up with the tool and the idea, according to a new study that will appear in the January issue of *Primates*.

Lead author Jean-Baptiste Leca told Discovery News that dental flossing could have been a fortuitous yet "accidental byproduct of grooming." Leca, a post-doctoral fellow at Kyoto University's Primate Research Institute, explained that "Japanese macaques sometimes bite into hair or pull it through their mouths to remove external parasites."

The hair might have become stuck in Chonpe's teeth, and as she drew the hairs out, "she may have noticed the presence of food remains attached to them."

"The immediate reward of licking the food remains off the hair may have encouraged her to repeat the behavior for the same effect in the future," he added.

Leca and colleagues Noelle Gunst and Michael Huffman noticed Chonpe's flossing while studying a population of Japanese macaques living at the Iwatayama Monkey Park in a mountainous region at the outskirts of Kyoto, Japan. Although the monkeys at the park are free to roam, he said they are provisioned with food several times a day and may therefore have more "free time on their hands."

Chonpe apparently used her time wisely, as she devised three different ways of flossing, Leca said.

For the first, called the "stretching with mouth technique," she utilizes her mouth to gently pull her still intact hair, or that of another monkey, while moving her head backwards and chattering her teeth to permit flossing.

The second method, called the "stretching with hand technique," is similar, with the main difference being that she holds onto the still-intact hair strand with her hand instead of her mouth.

The third "plucking technique" is the closest to human-style dental flossing. To do this, she pulls out strands of her own hair and, with her hands, runs the hair between her teeth to remove food particles.

Leca and his team first noticed this behavior four years ago, and only recently has it begun to spread to other members of Chonpe's troop. He explained that 14-year-old, childless Chonpe only has two close kin: her mother and one sibling.

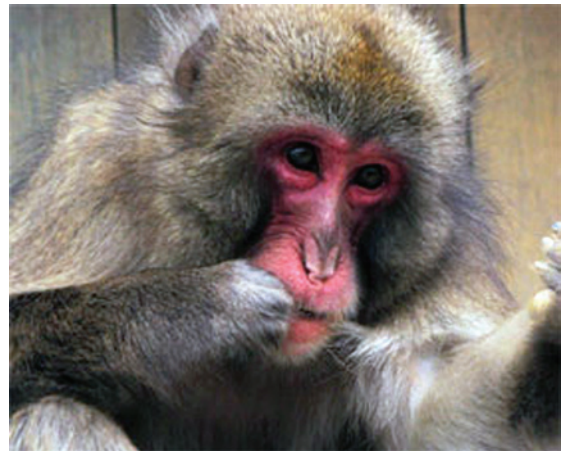
"Since the pathways of diffusion of most behavioral innovations by Japanese macaques involve at some point the spread among siblings and the downward vertical transmission from mother to offspring, this paucity in individuals closely related to the innovator may have limited opportunities for diffusion of dental flossing behavior," he said.

Chonpe is also a mid-ranking monkey, so she spends a lot of her day grooming others, which may have inspired her to perfect her methods. The researchers observed her rolling small stones in her hand while attempting to remove a spine stuck in her palm, so it's possible she is a particularly innovative individual.

Prior to this study, the use of twigs as toothpicks was reported in chimpanzees, bonobos and orangutans.

Kunio Watanabe and another Kyoto University team have also observed dental flossing in a troop of long-tailed macaques living around a Buddhist temple in Thailand, but those monkeys often interact with humans and even pull out human hair for use as dental floss.

Researchers hope to study the flossing behavior more in future, as it could help to explain how innovation might spread and become a common practice for primate species, including humans.



10 Practical Guidelines For Positive Speech

1. Do not express damaging or derogatory information about someone that might cause him physical, psychological or financial harm, even if it is true and deserved.
2. Promote people's well being. When in doubt, don't speak out.
3. Humor is great, but make sure jokes aren't at someone else's expense.
4. Be kind to yourself. Speaking badly even about yourself is unethical.
5. Don't listen to gossip. If you can't change the direction of the conversation, it is advisable to leave.
6. If you inadvertently hear damaging information, you should believe that it is NOT true.
7. Always give others the benefit of the doubt and focus on the positive.
8. Words once spoken can't be erased. Think before you speak, especially if you are angry, hurt or jealous.
9. Use kind and supportive words with your children and spouse whenever possible. Harsh words can cause irreparable harm as can speaking derogatorily to others about the ones you love most.
10. It is not only permitted, but required, to warn a person about potential harm - for example, that a potential business partner has a repeated record of embezzlement.

Key Ideas for a Kinder World

- Be resolved to become a kind person. How do you do this? Think, speak and act with kindness.
- Love kindness. When you do what you love, you are happy. A master of kindness is a master of joy.
- When encountering someone, let your first thoughts be "What kind words can I say to this person and kind things can I do?"
- Whoever you are, you are there for a reason. Ask yourself, "Since I am here now, what kindness can I do?"
- Do a daily act of kindness without letting anyone know who did it.
- Think of a kindness note, letter or e-mail that you can write today.
- Listen to those who need a listening ear. Listening to someone is a great act of kindness.
- If you know that someone is looking for a job or needs to earn extra money, ask yourself, "What can I do to make it happen?"



Recipe Corner: Double-Chocolate Chews

Ingredients:

1-3/4 cups all-purpose flour
2/3 cup sifted powdered sugar
1/2 cup unsweetened cocoa
2-1/4 teaspoon baking powder
1/8 teaspoon salt
1 cup semisweet chocolate mini-morsels, divided
3 tablespoons vegetable oil
1 cup firmly packed brown sugar
2-1/2 tablespoons light-colored corn syrup
1 tablespoon water
2-1/2 teaspoons vanilla extract
3 egg whites
Vegetable cooking spray

Cooking Instructions:

- Preheat oven 350° F.
- Combine first 5 ingredients in a bowl; stir well and set aside.
- Combine 3/4 cup chocolate morsels and oil in a small saucepan. Cook over low heat until chocolate melts, stirring constantly.
- Pour the melted chocolate mixture into a large bowl, and let cool 5 minutes.
- Add brown sugar, corn syrup water, vanilla extract, and egg whites to chocolate mixture; stir well.
- Stir in flour mixture and remaining chocolate morsels.
- Drop dough by level tablespoons 2 inches apart onto baking sheets coated with cooking spray.
- Bake at 350° F for 8 minutes. Let cool 2 minutes or until firm. Remove cookies from pans; let cool on wire racks.