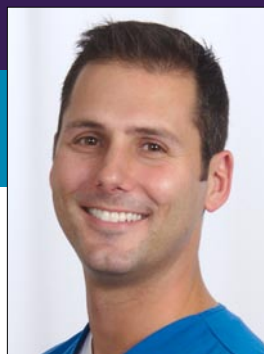


Dr. Dolgow & Dr. Fiacos

DENTAL DIARY



Complete Family Dental Care

Mastership Academy of General Dentistry

General Member Academy of Cosmetic Dentistry

Florida Academy of Cosmetic Dentistry

Fall 2009

Produced to improve your dental health and awareness

Your Dental Health

Like Mother, Like Child

Mothers with poor dental health can pass on cavities to their babies by sneezing, coughing, tasting baby food, or even by kissing the baby. The University of Alabama Institute of Dental Research is conducting a study on the transmission of cavity causing bacteria from mother to infant. According to preliminary results, the Alabama researchers found that there is only a very short period of time that babies are susceptible to catching mom's cavity-causing bacteria. This "window of infectivity" usually occurs at about two years of age and probably lasts a few months. The study also has shown that only a mother can pass the cavity-causing bacteria to her child.

Do Chewing Gums with Tooth Whiteners Really Work?

Don't stake your smile on them. Most whitening gums contain either a mild abrasive, such as baking soda, or a cleanser, such as sodium hexametaphosphate, but neither ingredient will brighten your teeth dramatically, says Edmond Hewlett, D.D.S. and associate professor of restorative dentistry at UCLA's school of dentistry. At the most, whitening gum will help prevent the buildup of everyday stains like coffee, tea or red wine. Then again, regular gum will help do this, too. For true whitening, ask your dentist about having a peroxide gel applied using custom-fitted trays.

Dental Discovery Prevents Bad Breath

Hadassah Hospital researchers in Israel have discovered a way to eliminate bad breath, a problem for 25 percent of the world's population.

Unlike other treatments for bad breath which kill good bacteria in the mouth and are typically good for a relatively short period of time, the oral patch developed at Hadassah lessens the number of bad bacteria in the mouth while allowing good bacteria to increase. Invented by Dr. Michael Perez-Davidi of the Department of Prosthodontics in the Hadassah-Hebrew University School of Dental Medicine, the patch, which is attached to the palate, secretes pro-active substances comprised of a vegetal mixture. It has proven effective for eight hours.

Be a Cry Baby

10 million Americans suffer from dry eyes caused by low quality or quantity of tears. Tears have 3 layers, one of which is made up of fats to keep them from evaporating. Doctors at Schepens Eye Research Institute found eating omega-3 rich fish like salmon boosts the fatty fluid layer of tears, relieving your dry eyes. Have a fish dinner or try a fish oil supplement for relief in as little as 3 weeks.

Change Your Smile Change Your Life

Dr. Dolgow is a Facial Rejuvenation Specialist. We offer Botox, Radiesse, and Juvederm services. Call our office for a free consultation.

Botox Cosmetic is a quick and minimally invasive procedure consisting of a few tiny injections. The doctor will determine exactly where to administer these injections to achieve the best results for you. No anesthetic is required, though he may choose to numb the area with a cold pack or cream prior to injecting.

Radiesse and Juvederm are safe, FDA approved dermal fillers that restore facial volume as well as correct smile lines. It can restore facial volume for the youthful look you want. Many patients will achieve their desired results after just one visit. Depending on your needs the doctor might schedule a follow up visit, where touch up treatment is recommended.

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Easy Memory Boosters

Ginkgo Biloba: Ginkgo extract has been shown to reduce the progress of dementia or the severity of its symptoms, but it modestly improves both memory and the speed of cognitive functioning



Eggs: Egg yolks are one of nature's richest source of choline, a B vitamin that is one of the most important nutrients for brain health.



Fish and Fish Oil: Fish is indeed brain food. Over 60 percent of your brain by weight is composed of fat, and most of it is the same fat found in fish. The omega-3 fats in fish are incorporated into cell membranes making it easier for information from neurotransmitters to get in and out of the cell.



Tumeric: It's reputation is as a "super-spice" is due largely to its anti-cancer activity and powerful anti-inflammatory properties-but it also helps protect your brain.



Spinach: It's loaded with an array of anti-inflammatory and antioxidant compounds that research has shown to slow down brain aging and preserve memory. It is one of the few food sources of the powerful, brain protecting antioxidant alpha lipoic acid.



Strawberries: The Journal of Neuroscience reported that animals that consumed an extract of strawberries, spinach, and blueberries everyday had significant improvements in their short-term memory. Not only did they learn faster than the other animals, but also improved their motor skills.



Blueberries: The USDA showed that daily consumption slows the impairment of memory that usually accompanies old age. Compounds in blueberries called Polyphenols actually help "turn on" the signals that let neurons (brain cells communicate with each other.



A Big Thank You To...

- Ada Hallem for the cookies
- Dr. Donoso for the chocolate cake
- Dr. Grenier for the Capital Grille gift card
- Liel Shimoni for the Dead Sea cosmetics
- Dr. Garver and Dr. Stewart for the Pecan delights
- Dr. Deture and Dr. McCawley for the large Hershey bar
- Vilma Ortiz for the bagels and cream cheese
- Dr. Lichstrahl for the muffins
- Franco Marandola for the wine
- Dr. Schwartz for the delicious basket of muffins
- Dr. Yang for the plant arrangement and oriental planter
- Inverrary Chabad for the Purim goodies
- Helaine Hoffman for the birthday cupcakes
- Tyler Burns for the beautiful orchid plants
- Helen Biegalski for the beautiful baby blanket
- DeAnn Diaz for the "Citibank" chocolates
- Rabbi Anati, Rabbi Lieberman, and Rabbi Liebowitz for the Passover matzah
- Rabbi Denburg and family for the Purim basket
- Betty Moore for the baby blanket
- Drs. McCawley and Deture for the huge apple pie
- Mary Lee Parker for the cup cakes
- Brenda Gaines for the chocolate chip cookies
- Dr. Nancy Wiley for the coffee and bagels
- Mike Hitsman for the Vidalia onions
- Art Bass for the homemade soap floral scent with lye.
- Robin Roach for the candy kisses
- Regina Levy for Starbucks gift cards
- Joe and Lynn Stasio for the 5-piece baby set & teddy bear
- Drs. Weiner & Lichstrahl & Irene for the gourmet cookies
- David Autore for the Glenlivet 18 year scotch. Our patient for 30 years!

Get Well Wishes To...

- Nat Abrams
- Paul Decorato
- Marcia Fromberg
- Brad Gammon
- Bruce Jacobs
- Dr. Kaminestsky
- Harvey Kaufman
- Clint Smith
- Jessie Soloman
- Ron Sormrude
- Amir Zussman



45 Lessons Life Taught Me

Written by Regina Brett, 90 years old
From The Cleveland Plain Dealer

To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written.

1. Life isn't fair, but it's still good...
2. When in doubt, just take the next step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you if you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for your retirement with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with the past so you won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life with others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in a blink of an eye. Don't worry; God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful, beautiful or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, and wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, and then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words: "In 5 years will this matter?"
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative—dying young.
37. Your children only get one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside everyday. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone elses, we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift.
46. Its estimated 93% won't forward this. If you are one of the 7% who will, forward this with the title: "7%"

Do What You Have To Do To Keep Teens Safe

Teens are abusing pills, prescriptions, and medicines that are accessible in the home. This behavior has many dangerous outcomes, including possible death. You have the power to prevent this. Here's what you can do:

1. Safeguard all the prescription drugs in your home.
2. Ask friends and family to do the same.
3. Monitor quantities and control access.
4. Set clear rules about drug use and consequences for breaking them.
5. Be a good role model by not sharing prescription medicines.
6. Properly dispose of old or unneeded prescription drugs.

Important: Never flush medications or put in the drain. They can be dangerous to others if added to the water supply. Instead grind them up, mix them with some dirt and throw in the garbage.





Dr. Dolgow's Preschool Visit

On Monday, January 12, Dr. Dolgow, and Debbie, his dental technician, visited our preschool. The dentist explained to the children in an age-appropriate manner the importance of dental hygiene. He gave each of the children a chance to brush the huge teeth of his dog puppet, showed them a cartoon on tooth brushing, and treated them to a bag of surprises.

This was an educational and fun experience for the children. We really appreciate Dr. Dolgow taking time off his busy schedule to visit with us.

For Your Better Health

Where you park your car may increase your risk of heart disease, according to Danish researchers. When men were asked to park close to a building, take the elevator instead of the stairs, and walk less in general, their triglyceride levels went up 18 percent in 2 weeks. The explanation is NEAT (Non Exercise Activity Thermogenesis), which consists of all the ways we expend energy without exercising. Take walking out of the NEAT equation and you'll not only gain weight but also accumulate more triglycerides in your blood stream, says the study author, Rikke Krogh-Madsen, M.D. So look to the men in the study, and do the opposite: Take the farthest parking spot you find, hoof it up the stairs, and squeeze in extra steps wherever possible.

A Healthy Mouth Helps Your Body

Taking care of your mouth, teeth and gums by routine flossing and brushing can keep your gums and teeth free from infection. Now researchers are also discovering that an unhealthy mouth may increase your risk of serious health problems, such as heart attack, stroke, poorly controlled diabetes and preterm labor.



Jan.12, 2009

Dear Dr. Dolgow,

Thank You so much for taking your time, together with your Dental Technician Debbie to show the children how to properly brush their teeth.

The children thoroughly enjoyed your visit.

Your kindness and friendship is greatly appreciated.

Shandy Lieberman
 Preschool Director
 Shandy Lieberman



Lucky TV Contest Winner

The lucky winner of our LCD TV Contest was Donald Tang of Tamarac, shown with Dr. Fiacos and Dr. Dolgow.



Our Congratulations To...

- Robin & Steve Evans on the birth of a granddaughter, Abigail
- Dorothy Wolfson on the birth of a great grandson
- Nancy & Jonathan Charm on their son's weddings and engagements and the birth of a granddaughter
- Dr. Rohn & Nina Kessler on their 25th anniversary
- Harvey & Bernice Kaufman on their 50th anniversary
- Dr. Bernie Kaminesky featured on CNN.com on the subject: A list of things patients keep from their doctor and shouldn't
- Happy Birthday Millie Rutheiser-90 years young!
- Helaine & Steven Hoffman on the birth of their grandson
- Priscilla Davis on completing her Respiratory Degree
- Happy Birthday to Al Saltzman who was 93 years young in July
- Hillary Rodgers on her acceptance to Furman with a study trip to China
- Happy Birthday to Harold Margolies on his 80th
- Sara Forman & Jorge Salomon on their wedding
- Sean Conroy on the birth of baby Aidan on March 17
- Mr. & Mrs. Shimoni on the engagement of their daughter
- Patricia Lieber on her daughter's wedding
- Bob & Penny Pearlman on their son's wedding
- Terry Darmody on her online commercial for Nexium Purple pill.com
- Gary Bass Jr. on the birth of his beautiful baby, Aiden
- Rabbi Levi & Esti Chanowitz on the birth of a baby boy
- Shirley Strassler who is 100 years young
- Wayne Burns on his marriage to Lori Crone
- Dr. & Mrs. Dolgow on the birth of a grandson, Rafael
- Jacob Elfers on winning 1st place in a grappling contest
- Jared Elfers on winning 2nd place in a grappling contest
- Rae Kramer on her 90th birthday
- Frank Delmonaco on his 80th birthday
- Vicky Delisle & Glenn Rosenberg on their engagement
- Janice Klein on her granddaughter born in July
- Melody & Paul Decorato on the marriage of their son Michael to Claudine
- Rabbi Yossie & Rivka Denburg celebrating 25 years of incredible successes in Florida

Our Condolences To...

- Ellen Coddington & family on her husband, Harry, passing
- David Coddington on the passing of his father, Harry
- Barbara Feerman & family on her husband, Bob passing
- Sue Sabin on the loss of her father, Bob
- Lana Bogle on the loss of her mother
- Art Gelfand on the passing of Rona, beloved wife, mother, and grandmother
- Meryl Guerrero on the loss of her mother, Rona
- Mike Natiello on his grandfathers passing
- Helaine Hoffman on the passing of her mother
- Sandy Rosenberg on the loss of her father
- Theresa Rodgers on the passing of her mother
- Mel Altschul on the passing of his brother
- Eileen Lieberman on her mother's passing
- Randi Eisenband on the loss of her father
- Mel Zucker on the passing of his sister
- Rabbi Lieberman on the loss of his mother
- Chuck Manno on the loss of both parents
- Betty Svenelid on the loss of her mother
- Pinchas Shimoni on the loss of his mother
- The family of Al Villar on his passing
- Rose Stockman on the loss of her sister
- Linda Rondinone on the loss of her dad
- Juanita Tsoukalas on the loss of her husband, Gus
- The Lentini family on the passing of Mario Bruno
- Gladys Bruno on the loss of her husband, Mario

Did You Know That Right Now?

Somebody is thinking of you.

Somebody is caring about you.

Somebody misses you.

Somebody wants to talk to you.

Somebody wants to be with you.

Somebody hopes you aren't in trouble.

Somebody is thankful for the support you have provided.

Somebody wants to hold your hand.

Somebody hopes everything turns out right.

Somebody wants you to be happy.

Somebody wants you to find him/her.

Somebody is celebrating your successes.

Somebody wants to give you a gift.

Somebody thinks that you are a gift.

Somebody loves you.

Somebody admires your strength.

Somebody is thinking of you and smiling.

Somebody wants to be your shoulder to cry on.

Patient Reviews



Dr. Fiacos' Elementary School Visit

Dr. Fiacos visited the students of Challenger Elementary to teach them about proper brushing and hygiene. They learned how to take care of their teeth and all received toothbrushes to practice at home. They were a very enthusiastic group who enjoyed watching a DVD and then each student got a chance to practice on our friendly stuffed animal's large teeth.

Nicole L. - 9/30/2009 ★★★★★

As always I was treated great. It feels like a family. I guess that's why I've been a patient for 20 years.

Judith A. - 9/30/2009 ★★★★★

Teeth, Gums and Earrings. One never knows what a day's work will bring . . .

Ken R. - 9/30/2009 ★★★★★

The Best, like always. I love you guys. Thanks.

Bernard P. - 9/25/2009 ★★★★★

"The Best of the Best.."

What is quality when considering dental care. Confidence that your needs and comfort is paramount at all times during any procedure. Amy, my Dental Hygienist, takes great care in her work to prevent any discomfort if at all possible yet she is thoroughly professional in her recommendations for ongoing maintenance of our most precious teeth. Dr. Dolgow is an excellent doctor and from how he has interacted with me appears to be an equally fine person, no kidding on this. This fellow cares about his patients. I recommend anyone that if you really want top notch dental care these doctors are the ones to go to.

Melissa B. - 9/17/2009 ★★★★★

I had a great experience at the office & I am very satisfied.

Sarah B. - 9/4/2009 ★★★★★

Great staff and are always accomodating to my needs.

Helaine H. - 9/2/2009 ★★★★★

Great visit and friendly atmosphere!

Kathleen R. - 8/27/2009 ★★★★★

Very Pleasant. Always satisfied with the professional manner in which my dental needs are met.

Delfina G. - 8/25/2009 ★★★★★

Very pleasant. Such a great "family" atmosphere, I always feel welcome and taken care of!

Kevin M. - 8/17/2009 ★★★★★

As always..The BEST...I have never had anything but a great experience going to Dr. Dolgow over the last 17 years !!

Sara B. - 8/17/2009 ★★★★★

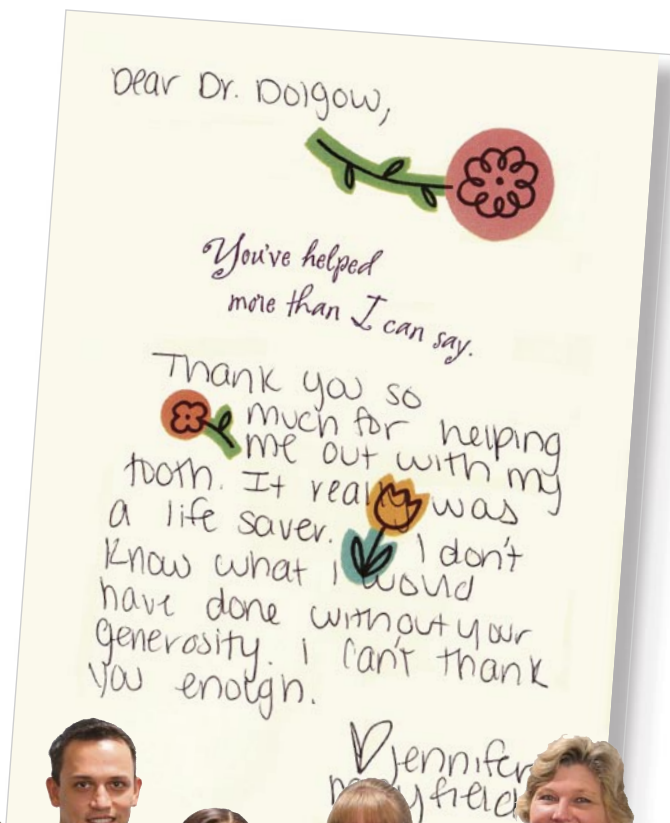
Great as always. I have been coming to your office since I was 15 years old, I'm 28 now and my little girl will be coming soon. I have had such great experiences at your office that I may never be able to sit at another dentists office again.

Amy A. - 8/14/2009 ★★★★★

This is a GREAT dental office... all of the staff are always friendly, professional, helpful & timely!

Donald M. - 8/7/2009 ★★★★★

Great Job! I am never dissapointed when I come in to see Dr. Fiacos and staff. You guys are top notch!



Patient Reviews

Paulette S. - 7/31/2009 ★★★★★

Professional, respectful, friendly...a pleasant experience as far as going to the dentist is concerned.

David D. - 7/30/2009 ★★★★★

Highly satisfactory. You folks are always the best.

Andrea B. - 7/30/2009 ★★★★★

Smooth. I took a book to the office to bide my time in the waiting room and I did not get a chance to find out where I left off in the book before I was called in for my appointment, which was on time. I never felt any discomfort with my procedure...

Robyn R. - 7/22/2009 ★★★★★

5 star+. You brighten my smile in more ways than one!

Jeffrey N. - 7/21/2009 ★★★★★

Very good. Excellent dental treatment and they will work with you on payment. The dentist and hygienist were both very kind and accomodating.

Judy K. - 7/16/2009 ★★★★★

Wonderful, as Usual. Everyone is always friendly. I never have to wait very long. At today's cleaning, I was impressed, as usual, with the hygienist's thoroughness combined with gentleness. She always gives me great dental advice too.

Monica R. - 7/16/2009 ★★★★★

Obrigada Dr. Fiacos e excelente obrigada a vc e toda sua equipe! Vcs sao os melhores!!!!!!

Mairin H. - 7/16/2009 ★★★★★

A comfortable, family. Beginning many years ago, I quickly discovered the professionalism of both the office staff and the dental procedures performed are a standard rule of thumb within this practice. Later, my family and I began to look upon "Dr. Bob"...

Michael D. - 6/25/2009 ★★★★★

Exceptional care. Several words come to mind when i think of the office: reliability, dedication, honesty, excellent care. I came to the practice several years ago, referred by my dental plan. I had "bounced" around from dentist to dentist for several years...

Gary G. - 6/24/2009 ★★★★★

The BEST (Lynette th...) It started with a new great memory and ended with clean teeth. Who could ask for more?

Chris Calamusa - 6/10/2009 ★★★★★

Awesome as Always. Thank you for brightening my smile. Yes Dr. Dolgow, I do shlep my way down from Wellington to see you and Amy. It speaks volumes about how I feel about the care that I get. Amy is always a pleasure to see and converse with.

Stanley P. - 6/9/2009 ★★★★★

Dolgow is the best dentist that I have ever gone to!

Lydia O. - 6/7/2009 ★★★★★

Lovely office, personable staff and great dental doctors.

Raymond C. - 6/4/2009 ★★★★★

Outstanding! You all are fantastic! Thank you so much.

Anonymous - 6/3/2009 ★★★★★

Very good. qualified staff always attentive and caring.

Tyler B. - 4/23/2009 ★★★★★

Happy with my SMILE. I have been seeing Dr. Dolgow for many years now and I am amazed at not only the professional and comforting feeling I receive but the amazing courtesy I receive from the staff as well. In these times it is great to be able to go to a doctor that cares.

Sanjena H. - 4/17/2009 ★★★★★

GREAT JOB. I am very scared of the dentist but Dr.Dolgow took very good care of me and talked me through the steps to take my mind off of the pain.The staff here is great and they make you feel at home.

Anonymous - 4/13/2009 ★★★★★

Pleasant. I always get a smile & happy welcome when I walk in. I never need to wait more than 10 min. Teeth cleaning is easy & painless.

Donald M. - 4/3/2009 ★★★★★

A Pleasure. Every time I visit, the experience is great.

Kenneth S. - 3/26/2009 ★★★★★

Pleasant. Everyone was so nice and polite. It actually made visiting the dentist a pleasant experience. Thank you.

Monica R. - 3/24/2009 ★★★★★

Excellent Treatment. Very nice people. I recommend 100%.

Sandra B. - 3/23/2009 ★★★★★

Positive, efficient. Everything about your operation is absolutely first class - from Lynette and her smile-brightening customer service skills to the BEAUTIFUL and immaculate facilities to the latest techniques - my "dental home" for over 25 years and quality

Anonymous - 3/18/2009 ★★★★★

Finally!! I'm so happy I was referred to this practice.

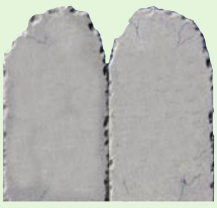
Karen V. - 3/18/2009 ★★★★★

There is nothing nicer than feeling like family. At Dr. Dolgow's I always feel like a welcome guest in his home. And a large part of that homey feeling comes from his personable,warm and caring staff who greet you and look after you the whole time.

ROBERT S. DOLGOW, D.D.S., P.A. • CONSTANTIN FIACOS, D.M.D., P.A.

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The 10 Commandments of Having a Good Discussion

1. Begin with something positive to create a friendly atmosphere.
2. Appreciate the human being you are talking with. S/he is not the enemy.
3. Respect the other person's desire to do the right thing. When possible give positive feedback.
4. Desire peace. If the other person makes offensive mistakes, don't retaliate. Help him/her recover.
5. Be open-minded. If the other person makes a good objection, admit it (and enjoy your new clarity).
6. Don't interrupt. Treat others, as you would like to be treated. In the long term, you will save time.
7. Don't provoke the person by hitting his/her buttons.
8. "Show me, don't shout at me" Keep the discussion intellectual. Don't force your opinion by shouting.
9. Lead by example. Don't expect the other person to keep these rules. Teach by example.
10. End by summarizing what you have in common with the other person, a good start for the next time.

Fun Puns For 'Educated Minds'

1. The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class because it was a weapon on math disruption.
5. The butcher backed into the meat grinder and got a little behind in his work.
6. No matter how much you push the envelope, it'll still be stationary.
7. A dog gave birth to puppies near the road and was cited for littering.
8. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
9. Two silk worms had a race. They ended up in a tie.
10. Times flies like an arrow. Fruit flies like a banana.
11. A hole has been found in the nudist camp wall. The police are looking into it.
12. Atheism is a-prophet organization.
13. Two hats were hanging on a hat rack in the hallway. One hat said to the other, "You stay here; I'll go on a head."
14. I wondered why the baseball kept getting bigger. Then it hit me.

Recipe Corner: Creamy Horseradish Mashed Potatoes

Ingredients: 2 lbs. potatoes
1 cup milk, warm
2 tbsp. unsalted butter
2 tbsp. of prepared white horseradish (store bought)
Kosher salt and freshly ground pepper
1/4 cup extra virgin olive oil

Cooking Instructions:

- Warm milk and butter in a small saucepan over medium heat until the butter melts. Set aside.
- Peel and quarter potatoes so they are of even size. This will ensure that they cook consistently.
- Place in a medium saucepan with cold water to cover.
- Bring to a boil, then add 1 teaspoon of salt.
- Reduce the heat and simmer for 15 to 20 minutes, until the potatoes are very tender.
- Drain, and then pass the potatoes through a mill or a ricer into a large mixing bowl. (Alternatively, you can use a potato masher or large fork).
- Stir in the warm milk and butter mixture until it is well absorbed and the mixture is smooth.
- Add the 3 tablespoons of horseradish, season with salt and pepper and combine well.
- Finish it off by stirring in 1/4 cup extra-virgin olive oil. Serve hot.

