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# MARCH 2009

## Magical Smiles Newsletter



### Feeling Lucky Inside:

Credit Card Debt  
Solutions  
Irish Stew

Cosmetic  
Solutions  
Whitening  
Offers  
Invisalign®

### office information

**Dr. Robert C. Rawdin** (*Prosthodontist –  
Specialist in Implant, Esthetic and Reconstructive  
Dentistry*)

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#### Office Hours

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#### Office Staff

Renée ..... Office Manager  
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Jenny, Victoria ..... Hygienists  
Sandy, Sheila ..... Dental Assistants

## Poll Shows Smile Is Important

Roughly 81 percent of women and 66 percent of men between the ages of 18 to 65 years believe a smile is very important to a person's appearance, according to the American Dental Association/Oral B Lifetime of Healthy Oral Care Survey.

About 47 percent of women and 27 percent of men said a smile was what they noticed first about other people. Nearly all respondents (99 percent) felt healthy teeth and gums were important. The main reasons cited by women were general health, appearance and prevention of tooth decay, gum disease and tooth loss. For men, the main reasons were easier eating and appearance.

"We have been preaching this message to our patients for years, so it is very gratifying to know that patients have heard the message," says Astrid Schroetter, D.D.S., a general dentist. "Even if they don't practice good oral care, and we know some of our patients do not, they know they should if they want to maintain healthy teeth and gums."

**Other results of the poll include the following:** Women 65 years and younger brush an average of 2.29 times per day; men 65 years and younger brush an average of 1.87 times daily.

Roughly 48 percent of women 65 years and younger report cleaning between teeth with floss or interdental cleaners four or more times a week, while 33 percent of men perform the same task.

Respondents who brush twice a day were more likely to go to the dentist annually than those who brushed less than twice a day.

Almost 68 percent of women were the most likely to have all their natural teeth. Among those women who have lost teeth, dental disease was cited as the reason by 78 percent.

Almost 61 percent of men reported having all of their natural teeth. About 48 percent of men who have lost teeth reported accidents as the cause.

About 71 percent of women and 53 percent of men reported their oral health to be better than their parents teeth were at their age.

"This poll shows that Americans 'get it' when the topic is oral care," concludes Dr. Schroetter. "There is some room for improvement but this poll demonstrates that Americans comprehend what they need to do to maintain good oral health. Good oral health is so important to good overall health. It's great to see that message getting through."

## How is your credit card debt load?

Now that the holiday season is over, many of us need to take a good look at our credit card balances. Here's the first step to take. Find out how much your credit card debt is costing you when you carry a monthly balance. Interest rates that exceed 18 percent are not uncommon.



So how do you "wrap your arms around" credit card debt and take the necessary steps to liberate yourself from too much debt? Consider these steps:

- \$ List the unpaid balance and the interest rate charged on each card. Repay the card balance that carries the highest interest rate before paying extra on the lower interest rate cards.**
- \$ Get a handle on your spending. Isolate "controllable" spending on your credit card statement such as meals at restaurants, clothing purchases, and entertainment. Consider paying cash for these expenses moving forward.**
- \$ Only use cash for non-emergency purchases. By paying cash, you'll rarely exceed your ability to pay for the purchase.**
- \$ Look at your savings accounts to reduce debt. Do the math. Using money that earns less than three percent to pay debt that generally exceeds 12 percent makes sense.**

Too much credit card debt can also lower your credit rating. Lenders use your credit rating to determine whether you qualify for big-ticket items like automobile or home purchases. Those with excellent credit get the best rates on loans.

By reducing and eliminating credit card debt, you'll be on the road to improving your financial health and enhancing your credit rating.



# The Shamrock

In fact the first written mention of this story did not appear until nearly a thousand years after Patrick's death.

The shamrock, which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring. By the seventeenth century, the shamrock had become a symbol of emerging Irish nationalism. As the English began to seize Irish land and make laws against the use of the Irish language and the practice of Catholicism, many Irish began to wear the shamrock as a symbol of their pride in their heritage and their displeasure with English rule.

## For The Luck of the Irish

### IRISH STEW



#### Ingredients:

- 2 lbs. boneless lamb shoulder, cut into 1" cubes
- 4 medium potatoes, sliced 1/2" thick
- 2 medium onions, sliced 1/4" thick
- 2 stalks celery, sliced 1/4" thick
- 4 medium carrots, peeled and sliced 1/4" thick
- 1 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp thyme
- 1 cup water
- 2 tbsp chopped fresh parsley

#### Directions:

Preheat the oven to 325° F. In a large Dutch oven or covered casserole, layer the ingredients in the following order: lamb cubes, sliced potatoes, sliced onions, sliced celery, sliced carrots, sprinkling each layer with salt, pepper and thyme. Add the water to the pot, cover, and slowly bring to a boil over medium-low heat. Let simmer for 5 minutes, then transfer the pot to the oven and bake, without lifting the lid or stirring, for 2 to 2-1/2 hours or until the lamb is tender. Sprinkle with chopped parsley, stir very gently to mix (the potatoes will be very soft) and serve.

## Monthly Fun

St. Patrick's Day  
is on March 17<sup>th</sup>



"Erin Go Bragh," a phrase heard often on St. Patrick's Day, means "Ireland Forever!"

### Word Search

- Leprechaun
- Irish
- Shamrock
- Luck
- Blarney
- Ireland
- Snake
- Green
- Saint
- Patrick
- Parade
- Slainte
- Gold
- Celtic
- Cabbage

### thoughts

*A good exercise for the heart is to bend down and help another up.*

*Anonymous*

### activity tip

#### Make A Leprechaun Trap

Start a new tradition this St. Patrick's Day. All you need are some items from around the house: shoebox, glitter, pipe cleaners, markers, construction paper, wrapping paper, glue stick, egg carton, tape etc. You and your children will love creating the design, from the bait to the trapdoor. Everyone knows that leprechauns are quick and crafty... So you'll have to lure them in with bait... a piece of gold (chocolate coin), a penny or a 4 leaf clover, even Lucky Charms cereal. Leave your trap out the night before St. Patty's Day and in the mornin' see what's occurred. You might not actually catch the leprechauns, but they always leave little green foot prints and some chocolate coins behind.

# This News Is All About You...

## Services

## Before

## After

In-Office  
Whitening



Bonding



Veneers



Inlays



Home  
Whitening



Cosmetic Dentistry is our strong suit. Our staff would be more than happy to answer any of your questions about any restorative procedure you may be interested in. An in-office consultation is preferable. The first step to a healthier smile is also the easiest; just pick up the phone and give us a call.

The highest compliment our patients can give is the referral of their friends and family.

Thank You for  
your trust!



Both of these people  
are straightening  
their teeth.

# How?

Find out if Invisalign® is  
right for you.

*In-Office Whitening  
System*  
\$500.00

*Take Home Whitening  
System*  
\$350.00 with trays  
\$100.00 without trays