



Spring Has Sprung!

Dates of Importance

<i>Passover</i>	4/20
<i>Mother's Day</i>	5/11
<i>Armed Forces Day</i>	5/17
<i>Memorial Day</i>	5/26
<i>Father's Day</i>	6/15
<i>Summer Begins</i>	6/21

Alas Spring is here! As we usher in our season of beauty please take time to smell the flowers and feel the sun on your face!

Spring can be such a busy time for so many of us; taxes, graduations, weddings, vacation and travel plans for the Summer.

Here at Dr. Dorgan's we are busy implementing some new marketing tactics. We have been in our new facility for 4 years, time flies. We feel we have reached a point where things are running smoothly and efficiently and we have room for new patients.

As a result, we will be running

some ads in the local papers! We are really looking forward to reaching out to the community and finding people who will benefit from our services.

We are excited to be able to expand our practice to include more people who are just like our current patients. The specialists we refer to always tell us we have the nicest patients and we couldn't agree more! Please never hesitate to invite your friends and family to become part of our practice.



Soda Pop, Never the Best Choice

Soda pop has emerged as one of the most significant dietary sources of acid capable of producing demineralization of enamel. Many brands of soda pop also contain sugars that are fermented by bacteria that produce acid by-products. The role of soda pop in the demineralization of enamel and its conse-

quences should not be underestimated.

The consumption of soda pop in the US has increased to alarming proportions. This has created a public health crisis, which has been recognized by a number of professional associations.

A typical 12oz can of sweetened soda pop yields the equivalent of 10—12 teaspoons of sugar!

If you are concerned about demineralization or erosion of enamel, speak with Marchia or Lisa at your next check-up and cleaning. Therapies to increase fluoride may be appropriate for you.

Tooth Loss and Cardiovascular Disease

A recent study shows a progressive association between tooth loss and cardiovascular disease, even among nonsmokers.

Researchers analyzed data from more than 40,000 respondents ages 40-79 in the 1999-2002 Behavioral Risk Factor Surveillance System survey.

Heart disease was found in 4.7 percent of the respondents without tooth loss, 5.7 percent of those missing 1-5 teeth, 7.5 percent missing 6-31 teeth and 8.5 percent with total loss, reported the study's lead investigator, Dr. Okoro.

Dr. Okoro said that the finding emerged after adjusting for sex, race and ethnicity, education, marital status, diabetes, smoking status, alcohol consumption, high blood pressure, high blood cholesterol and body mass index and the correlation between tooth loss and heart disease held when smoking status was considered.

"Smoking has strong relationships to both tooth loss and heart disease," Dr. Okoro told the American Journal of Preventive Medicine.

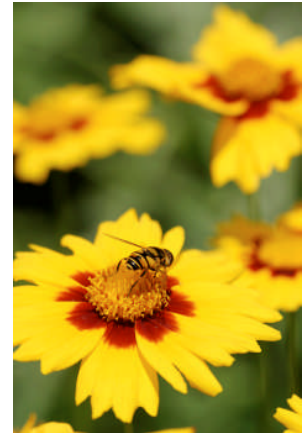
"Nonetheless, when we stratified by age group and smoking status, a significant association remained between tooth loss and heart disease among respondents aged 40 to 59 years who had never smoked."

Patients with periodontal disease are more likely to suffer from atherosclerosis—a narrowing of the arteries that can lead to stroke or heart attack—than their counterparts with healthy gums, researchers from Columbia University Medical Center report.

The Columbia researchers report that subjects with higher levels of specific bacteria associated with periodontal disease also had an increased carotid artery thickness. They also confirmed that atherosclerosis is associated specifically with the type of bacteria that causes

periodontal disease and not with other oral microbes.

One possible explanation for the connection is that the bacteria that cause periodontal disease can migrate throughout the body via the bloodstream and stimulate the immune system, causing inflammation that results in the build up of deposits in the arteries, the researchers said.



"We are what we repeatedly do. Excellence therefore is not an act but a habit."

Aristotle

Sweet Corn and Black Bean Salad

- 1 can, 14 oz, black beans rinsed and drained
- 2 cups frozen corn kernels
- 1 small red bell pepper, seeded and chopped
- 1/2 red onion, chopped
- 1 1/2 tsp. ground cumin
- 2 tsp. hot sauce, just eyeball the amount
- 1 lime, juiced
- 2 tablespoons olive oil, eyeball it
- Salt and pepper

Combine all ingredients in a bowl. Allow 15 minutes for corn to fully defrost and flavors to combine, then toss and serve. The corn will also place a quick-chill on this easy side-salad as it defrosts, no need to refrigerate!

