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# Quarterly Newsletter

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## SIZZLING SUMMER HEAT, WEEKENDS AT THE SHORE, RELAXING BY THE POOL...



Ahhh, summertime can be such a time of relaxation, family vacations, our favorite tasks and hobbies from boating to gardening, we all love the outdoors. Family picnics and bar-b-cues, soft serve ice cream, graduation parties, 4th of July celebrations, floating in the pool, reading a book in the hammock, playing in the park with the children...the outdoor fun is endless. And while we are outdoors, let us not forget to cover up! We all know in this day and age the importance of protecting our

skin from the sun's potentially harmful rays. Do not forget the lips! Wear a lip balm with sunscreen!

In addition we should be wearing sunglasses. We are all aware of ultraviolet rays and the damage they can do to our skin but we might not often think of the damage they are doing to our eyes. Permanent damage can occur to the eyes when they are left exposed to UV light. Light that is reflected from water, sand, pavement or even

snow can be the most harmful since they can actually burn the surface of the eye. Exposure to the sun without sunglasses can cause the formation of cataracts, a clouding of the lens of the eye which could result in surgery.

The sunglasses you chose should block 99-100% of both UV-A and UV-B light. These are the most valuable protection we can use when looking to shield our peepers from the sun's harmful effects, so choose them wisely.

## WEBSITE UPDATE

By the time this newsletter hits the press, our newly revised website should be up and running! Please check it out! Send your family, friends and coworkers to check it out! We have a couple of additions, including winners

from our testimonial contest and participants from our ad campaign! If you participated in either of these events, you can expect to see your smiling faces along with your testimonials. We have worked hard with our

marketing group to update our website and brochure materials. Please let us know what you think! Your feedback is always greatly appreciated!





## INTRODUCING T-SCAN

We have a new piece of equipment in our office. Dr. Dorgan will use the T-Scan to evaluate our patient's bites.

For those of you who have been patients for any length of time, surely you have realized the importance of dental occlusion (bite) in Dr. Jay Dorgan's office. Dealing with occlusion is part of what really sets our dentistry apart from

many other offices in terms of comfort and longevity of dental restorations.

The T-Scan will help Dr. Dorgan better evaluate a patient's occlusion during occlusal analysis.

As a result of using T-Scan patients can expect improved diagnoses, increased quality of care, decreased treatment time, increased comfort in dental prosthetics, and reduced risk of traumatized

teeth. You can also anticipate stable dentures, effective splints and reduced porcelain fractures. Dr. Dorgan is continually improving the quality of his dentistry!

## THE BEST PASTA SALAD

**"We make a living  
by what we get,  
we make life what  
we give."**

**Sir Winston Churchill**

- 11 ounces small shell-shaped pasta
- 3 gloves garlic
- 9 ounces yellow cherry tomatoes
- 9 ounces red cherry tomatoes
- 1 cucumber
- 1 handful black olives, pitted
- 2 tablespoons fresh chives
- 1 handful fresh basil
- 7 tablespoons extra virgin olive

Bring large pan of salted water to boil, add the pasta and garlic, and simmer for about 5 mins. Or until al dente. Drain. Rinse with cold water.

Put the garlic to one side for dressing.

Cut the tomatoes, cucumber, black olives into small pieces, about half the size of the pasta. Add to the pasta.. Roughly chop the herbs and add to salad.

Using a fork, mash the cooked garlic cloves with a little salt add to salad.

Add the oil, vinegar, sea salt and freshly ground black pepper. Enjoy!