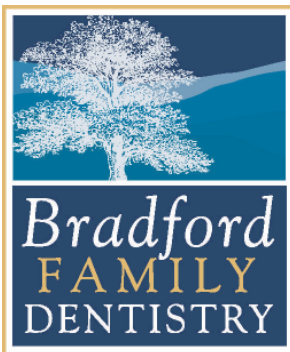
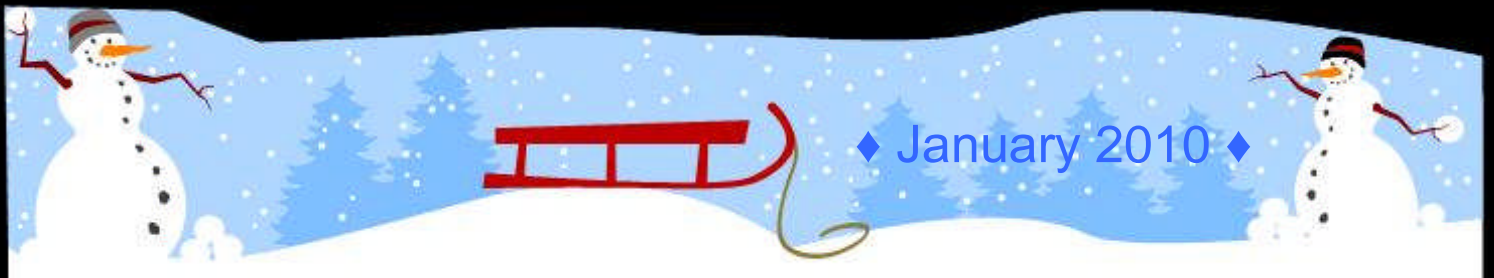


**Bradford Family Dentistry**  
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Patient's Name  
Street Address  
City, State Zip Code

# Magical Smile Newsletter



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*"Darkness can not drive out darkness;  
only light can do that. Hate cannot drive  
out hate; only love can do that."*

**Martin Luther King Jr.**

## **Inside:**

**Pg2... Do You Have...?**

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**Pg3... To Regift or Not To Regift**

**Pg4... What's New?**

# Do You Have Crooked, Oddly-Shaped, or Chipped Teeth?

## Here are 3 Solutions That Will Turn Embarrassment To A Source Of Pride And Joy!

### **Solution #1: Dental Veneers**

One of the easiest ways to treat teeth that are too small, too big, or have uneven surfaces is by placing veneers over the tooth or teeth.

It is very common for people to have imperfect teeth. The teeth may be oddly shaped, chipped, or crooked. It is also common for teeth to have small holes in them, or be inappropriately sized or odd in appearance.

Veneers, porcelain or plastic, are placed over the front teeth to change color and/or shape of the teeth. Veneers solve such irregularities and create a durable and pleasing smile.

### **Solution #2: Dental Bonding**

By using dental composite resin bonding, your dentist can restore chipped or broken teeth, fill in gaps and reshape or recolor your smile. Bonding is a composite resin filling placed in the back teeth as well as the front teeth.

Bonding will lighten any stains you may have, close up minor gaps and can be used to correct crooked teeth.

Basically, bonding will cover any natural flaws applying a thin coating of a plastic material on the front surface of your teeth.

### **Solution #3: Contouring & Reshaping**

For individuals who have chipped, cracked or irregularly shaped teeth, dental contouring and reshaping can be just the ticket for a more beautiful smile.

Tooth reshaping, or contouring, is one of few instant treatments now available in cosmetic dentistry.

Dental reshaping and contouring is a procedure used to correct crooked teeth, chipped teeth, cracked teeth or even overlapping teeth in just one session.

If you want your teeth to appear less crowded, lack chips and fractures, and have decreased overlaps or to be without pits or grooves in the enamel, this procedure should be discussed with your dentist.

Tooth reshaping, or tooth sculpting, is a safe and conservative way to improve your smile. Teeth may become weaker if large amounts of



enamel are removed, tooth reshaping should be limited to minor changes or combined with veneers or bonding for the best results.

So as you can see, there's virtually NO embarrassing problem you could have that can't be easily and inexpensively solved.

If you're tired of being embarrassed by your smile and you want the dazzling, jaw dropping, smile you always wanted...

*Call (905) 775-5307 and schedule your **FREE** Smile Makeover Today!*

## You have a beautiful smile in you, let LUMINEERS bring it out.

Get a healthy, natural, permanently white smile in just two easy dentist visits. There's simply no substitute for a LUMINEERS smile.

Unlike traditional veneers, with LUMINEERS, there are no shots, no drilling of sensitive tooth structure, and no pain. They're even reversible, so you have nothing to lose...and a beautiful smile to gain.



### **LUMINEERS – beautiful smile, beautiful you.**

*"I had always been so embarrassed about my smile. That all changed in 2 visits - it took less than a week to change my life. Now that's really something to smile about!" – LUMINEERS patient*

Ultra-thin LUMINEERS are custom designed to give you the beautiful smile you've always dreamed of. Plus — LUMINEERS are proven to last for over 20 years, so your beautiful smile will be with you for years and years.

It takes only 2 easy visits to your dentist to bring out your beautiful smile. During your 1<sup>st</sup> visit a precision mold will be taken. You and your Dr. Chai will also choose the right shade for your new, permanently white smile. On your 2<sup>nd</sup> visit, your custom designed LUMINEERS are checked for fit and shade. Then, they're painlessly attached. *For more info call Andrea today (905) 775-5307*

# To Regift or Not To Regift...

## The Fine Lines of Regifting By Donna L Montaldo

A study determined that giving an unwanted gift you received to someone else (regifting) is not considered as unacceptable as in the past. The market research company, Harris Interactive, surveyed 1,505 adults and found over half the participants admitted to regifting and 78 percent felt regifting was okay most of the time.

Nancy Wong, spokeswoman for Harris Interactive, was surprised that so many would admit to regifting. "It's not something I've thought about and when I saw that nearly half had done it – 52% have regifted and or would regift - it's quite a significant number," Wong said.

### Why Do People Regift?

According to the study, 77% of those surveyed admitted to re-gifting because the item was better suited for the person who received it. 9% admitted to doing it out of laziness and 4% said they regifted because they did not like the person who was getting the gift.

Regifting is not without its guidelines. Much has been written on the proper way to regift and what should and should not be given away a second time. Here are the Do's and Do Not's for regifting that are most often listed.

### Don't Regift the Gift Wrappings

Everyone can tell when something has hung around in a gift box for a year. Cardboard gets soft and seems to absorb the odors of wherever it was stored and old gift wrap can be spotted just by the feel of it. When regifting, do not use recycled gift bags, paper or tissue. Buy new and take a little extra time to make the wrapping look fresh and attractive.

### Don't Tell

People like to believe gifts they receive were chosen with thought and consideration. If you tell someone you are giving them the silk scarf your Aunt Jane gave you last year, what you are really saying is that you are giving them something you think is ugly or useless.

### Don't Regift the Used or Slightly Used

There is a big difference between regifting an unused night light or one that you plugged in for two months and decided you no longer want. Remember - a regift is a NEW item you give to someone else. A hand-me-down is an item you've used and offer to someone else when you decide you no longer have use for it.

### Don't Forget Where the Gift Came From

Avoid giving a re-gift to family or friends of the person who originally gave the gift to you. If the regift is displayed, you risk getting caught!



### Do Regift Nice Things

Often the items getting regifted are undesirable, such as the bird statue you saw at the drugstore for 75% off. Why pass it along? However, if you received a nice gift, such as a great cookbook you already own, do regift it to someone who you know will enjoy it. The nicer the item, the more it makes sense to regift it rather than to let it crumble up in a cabinet along side the Men in Briefs calendar someone thought you'd get a chuckle over.

### Do Regift Heirlooms

Perhaps 10 years ago Aunt Jane sent you 12 of her prized crystal water glasses but you already have plenty. In fact, you have never used the glasses. Regifting the crystal to someone in the family who is just starting off makes sense. Yes, they are used and yes they could be considered hand-me-downs, but none the less the gift has both monetary and sentimental value.

### The #1 Rule to Regifting...

Regifting is a wonderful way to save money and when done tactfully and with thought, we can accomplish the goal of why we are giving a gift to someone in the first place - because we want them to have something they will enjoy.



Alice & Baby Evan with Santa at Santa Claus Night, Dec. 8<sup>th</sup> 2009 at Bradford Family Dentistry!

Be sure to check us out on **Facebook!** Watch for exciting, new offers and specials for facebook-only friends and family!



### Riddle of the Month

#### Last Month's Quiz Question!

What goes up a chimney down, but won't go down a chimney up?

**Answer:** an umbrella!

#### This Month's Quiz Question:

What occurs once in a minute, twice in a moment and never in a thousand years?

**Look in next month's newsletter for the answer!**

### *A Note from Dr. Chai...A New Year has Come Again!*

With each passing year, New Years day seems to come quicker & quicker. I want to wish you all a very Happy New Year and I hope 2010 is an amazing year for all. Evan just celebrated his first Christmas and I'm stunned he's almost one year old. We spent our Christmas with family and friends over the holidays, so Evan got a lot of Grandparent face to face time. I think he enjoyed his presents, but I think he liked the boxes more! Evan has started walking with the aid of his little walker. He's quite mobile, but so far we've kept him away from the stairs!

I've notice I've put on a few pounds since Evan was born, or since Alice was pregnant maybe more accurate, so my New Years resolution is to get to my weight down to pre Alice's pregnancy. Any exercise and diet tips will be most welcomed. With all the exciting things in 2009 like the birth of my son, Bradford Family Fest, Santa Claus' Visit, the birth of my Nephew Jonathon, getting my website up, all the great courses I took on Implants, and Sedation dentistry, getting our referral system up and running and the wonderful new staff members we've added, I am truly psyched for 2010 and know it will be an awesome year!

**Santa and the Bradford Community give Thanks:** to those that donated toys and clothing for the needy families in our area. The event was a big success and we collected a very large box of toys and clothes to go along with Santa's Visit in December – check out our lucky winners below! Once again I want to wish everyone a fantastic New Year!

- *Dr. Chai*

### **Welcome New Patients!**

Here are the new patients that became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!

Dylan B. Debbie W. Joshua F. Tyler F. Niel S. Jacob R. Rebecca R. Barb E. Rebecca F. Abbas A. Peter A. Tom F. Karen E. Joanne D. Eric V. Maria D. Mel W. Abraham C. Elizabeth W. Jesse J. Katie D. Colleen B. Thomas T. Maria D. Barbara D. Janet I. Rocky F. Angela D. Brian L. Clyde C. Victoria F. Donald M. Sara S. Brenda R. Tony F. Chelsea L. Juan A. Graig R.

### **With Heartfelt Thanks for Your Referrals**

There's no question that I have the BEST patients on the entire planet. I'd like to thank the following people who were kind enough to recommend my services to their friends. Thank you soooo much!

Nelia C. Edna H. Dayle S. Jen L. Sandra T. Karen E. Brian R. Michelle S. Helen W. Linda G.

## **2010 New Year Special Offer**

*We will credit your dental account \$100 towards any cosmetic treatment!!!*

(upon completion of your regular exam)

**(905) 775-5307**

Call Andrea to schedule your appointment & get started on your beautiful smile!



### **Congratulations**

to Holly M. for winning the IPOD nano!

Holly had the MOST referrals during the month of November!

*Thanks a lot Holly!*



### **WIN A BLU-RAY PLAYER!!!**

### **JANUARY REFERRAL PRIZE OF THE MONTH!**

Every person that refers will not only get a special *thank you* gift, but will be entered for the monthly draw which will vary every month. For the month of **January** the referral prize of the month is a **BLU RAY PLAYER!**