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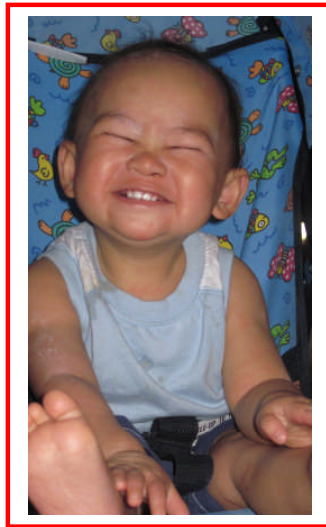
Magical Smile

Patient's Name

Street Address

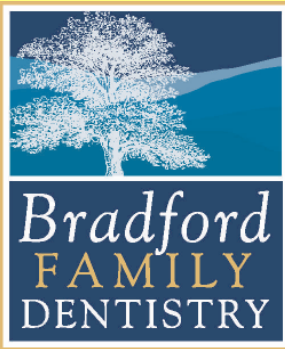
City, State Zip Code

Newsletter



Happy
Canada
Day

From
Baby
Evan!



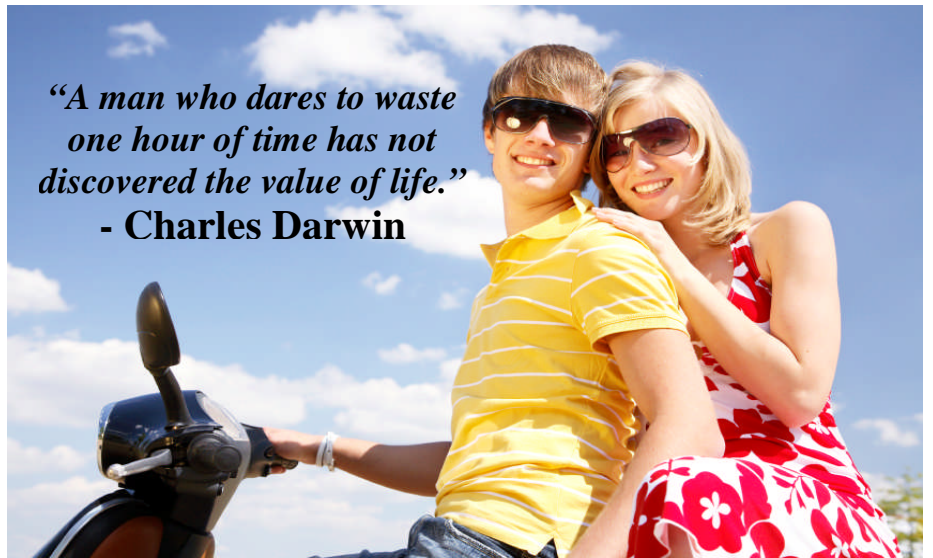
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*"A man who dares to waste
one hour of time has not
discovered the value of life."*
- Charles Darwin



Inside:

Pg2... National Dairy Month – Youth Study

Pg2... Strawberry Frozen Yogurt Squares

Pg3... Gum Disease

Pg3... Canada Day Word Search!

Pg4... What's New At the Office!



June Is National Dairy Month

Youth Trends: Less Milk, More Soda



According to the *Dietary Guidelines for Americans* and several other health authorities, children and adolescents should consume 2 to 3 cups of low-fat or fat-free milk each day to support critical bone growth and development. Unfortunately, two new analyses show children are drinking far less milk and far more soda and fruit drinks.

One analysis examined data from national food surveys from select time periods between 1977 to 2006, and revealed a marked decrease in average milk intake for children ages 2-18, falling to only 5 ounces a day by 2003-2006. Over the same time period, calories from sugar sweetened beverages (soda and fruit drinks) for children and teens increased from 87 to 154 calories per day.

Similarly, researchers who conducted a 5-year study, Project EAT (Eating Among Teens), noted the trend among Minnesota teens of more sugar-sweetened soft drink consumption and less milk consumption. Researchers found that over the course of five years, higher consumption of white milk was associated with less weight gain.

In a success story, on the other hand, a systemic change in beverage offerings was made in New York City public schools in an effort to decrease students' fat and calorie intake while maintaining nutrient consumption, and was met with impressive results.

Beginning in the 2005-2006 school year, school cafeterias phased out whole milk and replaced it with low-fat or fat-free white milk and fat-free chocolate milk. Based on purchasing data, it was estimated that the district's milk-drinking students were served 5,960 fewer calories and 619 fewer grams of fat per student on average in 2009 than in 2004. In addition, chocolate milk accounted for more than half (approximately 60%) of

the milk purchased both before and after the policy change.

Low-fat and fat-free flavored milk is a nutrient-rich beverage that provides the same nine essential nutrients as unflavored milk, including calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin and niacin (niacin equivalents). Read more about flavored milk and learn the latest facts on this important source of dairy nutrition for children in "Flavored Milk in Perspective." Also, access National Dairy Council's Child Nutrition resources to learn more about the key role dairy foods play in child and adolescent health.



June 20th is Father's Day!

Happy Father's Day Dads!

Strawberry Frozen Yogurt Squares

Makes 9 Servings Prep Time: 10 min Cook Time: 180 min

Ingredients:

(Recipe created by 3-Every-Day™ of Dairy)

- 1 cup crunchy wheat and barley cereal
- 3 cups fat-free strawberry yogurt
- 1 (10-ounce) bag frozen unsweetened strawberries (about 2 1/2 cups)
- 1 cup fat-free sweetened condensed milk
- 1 cup light or fat-free whipped topping (optional)

Line an 8x8-inch baking pan with foil. Sprinkle cereal evenly on the bottom of the pan; set aside.

Place yogurt, strawberries and condensed milk in a blender; cover and blend until smooth. Pour the mixture over top of cereal, gently smoothing yogurt mixture to edges of pan. Cover with foil (or plastic wrap) and freeze for 8 hours or until firm. Use edges of foil to loosen and remove from pan; let recipe thaw for 5 to 10 minutes. Cut into squares, top with whipped topping, if desired, and serve.

Storage tip: May be individually wrapped & frozen for single servings.

Note: Create your own variations by using other flavor combinations of yogurt and fruit.

Nutritional Facts

Calories: 200
 Total Fat: 0 g
 Saturated Fat: 0 g
 Cholesterol: 5 mg
 Sodium: 150 mg
 Calcium: 20% Daily Value
 Protein: 7 g
 Carbohydrates: 42 g
 Dietary Fiber: 2 g





Gum Disease: Where it Comes From and How to Avoid It



Gum disease – also known as periodontal disease – is an infection of the tissues that support your teeth.

Periodontal disease attacks the slight gap (called a sulcus) between the tooth and the gum. This causes a breakdown in the attachment of the tooth and its supporting tissues. When tissues are damaged, the sulcus develops into a pocket which gets deeper as the disease develops. The two major stages of periodontal disease are gingivitis and periodontitis. Gingivitis is milder and reversible and only affects the gums. It may lead to periodontitis, which is more destructive.

There are warning signs that can suggest a possible problem:

- Gums that bleed easily or are tender.
- Gums that have pulled away from the teeth.
- Persistent bad breath or taste.
- Permanent teeth that are loose or separating.
- Change in how your teeth fit together when you bite.



However, it's also possible to have periodontal disease with no warning signs. It's therefore important to have regular dental checkups and periodontal examinations.

Treatment for periodontal disease depends on how far it has progressed.

Good dental hygiene practices such as brushing twice a day, cleaning between your teeth, eating a healthy diet and regular visits to the dentist will help you reduce the risk of gum disease.

Riddle of the Month

Last Month's Quiz Question!

What do you call a lamb attack ship?
Answer: A BattleSheep!

This Month's Quiz Question:

What did one mountain say to the other mountain?
Answer: Look for the answer in next months newsletter!

Canada Day Word Search

RED	Y	L	A	U	G	N	I	L	I	B
WHITE	M	R	D	N	I	G	I	X	A	B
CANADA	A	S	E	C	N	I	V	O	R	P
MAPLE	P	A	R	L	I	A	M	E	N	T
BEAVER	L	W	E	S	U	D	X	N	V	H
OTTAWA	E	A	V	B	W	A	S	G	K	G
PROVINCES	K	T	A	L	H	N	F	L	A	G
PARLIAMENT	E	T	E	S	I	A	Z	I	I	P
FLAG	V	O	B	C	T	C	R	S	Y	W
BILINGUAL	Q	X	F	R	E	N	C	H	Z	K
ENGLISH										
FRENCH										



So, What Do We As Canadians Have to be Proud Of?

- Smarties, Crispy Crunch, Coffee Crisp
- The size of our football fields, one less down, & bigger balls
- Baseball is Canadian– 1st game: June 4, 1838 - Igersoll, On
- Lacrosse is Canadian
- Hockey is Canadian
- Basketball is Canadian
- Apple pie is Canadian
- Tim Hortons beats Dunkin' Donuts (a US company)
- In the war of 1812, started by America, Canadians pushed the Americans back ... past their White House. Oh, did I mention that we also burned their White House?
- Our civil war was fought in a bar - it lasted a little over an hour
- A Canadian invented Standard Time
- The Hudsons Bay Company (aka 'The Bay') is the world's oldest company
- The average dog sled team can kill and devour a full grown human in under 3 minutes ---- (I am not sure I needed to know that :-)
- We invented: Ski-doo's, jet-ski, Velcro, Zippers, Insulin, Penicillin, Zambonies, and the telephone
- A Canadian invented Superman

With Heartfelt Thanks for Your Referrals

There's no question that I have the BEST patients on the entire planet. My business is built on word of mouth advertising and I'd like to thank the following people who were kind enough to recommend my services to their friends.

*Heather M. Nadia L. Sherry M. Krista R. Angela I. Lisa W.
Mehendra M. Anita R. Paula S. Paige D. Jennifer H*

Thank you sooooo much!

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!

*Elganathan P. Darlene L. Jake C. Connor C. Charles B. Azim S.
Pratima S. Ken M. Steve S. Robert N. Katherine N. Jarek N. Autumn
R. Danielle D. Alexandra W. Blair W. Marc P. Anna D. Maria C.
Laura G. Vincent C. Betty H. Jasvir L. Ryan G. Ryan M. Angela V.
Nick T. Madelaine T. Tina T. Patricia M. Roger M. Braiden M.
Cassidy M. Lisa M. Linda R. Donna K. Derrek T. Betty D. Jeff M.*

We love giving recognition to our new friends and our wonderful existing patients who are kind enough to refer their friends and relatives to us!

Canada Day Special Offer

We will credit your dental account with **\$200** towards any cosmetic treatment you may need or want upon completion of your regular exam.

Call Andrea

(905) 775-5307

to schedule your appointment and get started
on your amazing smile!



What's New in the office? A Note from Dr. Chai...

Happy Canada Day Everyone! Summer is here, and I know we are all excited here at Bradford Family Dentistry. Lot's of happenings since the last newsletter. In May the office enjoyed a week off. At the last minute Alice and I decided to take Evan to Mexico. It's amazing what kind of deals you can get when you procrastinate! It was a trip of many firsts. It was the first time that Evan and I were ever at a resort anywhere. It was our first family trip since Evan was born. It was the first time Evan was ever on a Beach, or in a swimming pool for that matter. It was also the first time Evan was on a plane. He did amazingly well all things considered. Not that he didn't cry (he really did not like the landing), but he seemed to really enjoy himself. It was a really nice refreshing vacation. Evan's finally getting his first baby molar popping through, so he's been a little cranky the last day or so.

I want to thank everyone for their support in helping us be recognized at the Bradford Board of Trade Ceremonies. We were nominated for two awards, and won The Business Excellence Award. It is a great honour. I know the office is not perfect yet, but enough of you thought enough of us to nominate our office for these prestigious awards. Our goal has been, and moving forward is to constantly improve our services.

On that note, I want to announce that Bradford Family Dentistry will have a new home come 2011. Over the last nine and a half years, the practice has outgrown our current office. There's not enough room to put our new technology, not enough patient rooms to make sure all our patients are seen on time, and not enough room to continue to grow the practice. The building itself has been in desperate need of renovations since I took over the practice in 2001, and I don't think that is going to happen any time soon. So when the opportunity to move the practice to a new location presented itself, I seized it. We're still in the design stage, but I will tell you the office will be double in size. We're moving from our current 5 treatment rooms to 10 treatment rooms. This way we can more easily get patients into the treatment rooms for their appointments on time, as we no longer have to wait for the room to be ready due to the increased capacity. I'm excited about the new office, as is the staff. The exact moving date is unknown at this time until the final design is approved by the city, and I'll pass on more information as I get it.

The Comprehensive Implant course I've been attending has finally completed. It was a fantastic learning experience and I know I will make great use of this knowledge to rebuilt smiles and replace missing teeth. This course has given me more confidence in attaining success with implants.

Congratulations to those great patients that referred their friend's and family to our office and received their \$50 thank you gift. In our evolution to thank our patients for their referrals (we've given away a Wii, DS Lite, Blu-ray player, and a GPS) we thought what better way to say thank you than cold hard cash! Some have used this to pay off their dental treatment, some have gone out to buy something nice for themselves. Some have taken it upon themselves to recruit people to our office to supplement their income. What would you do with an extra \$50?

Since I've still got a few giveaways stored in my basement, I've decided to run a Testimonial contest for the summer. If you have something nice to say, write it down when you are at the office, participate in a Video testimonial or e-mail your thoughts to us. **kristi@bradfordfamilydentist.ca** The top 5 testimonials will be voted on by the staff after Labour Day and the winner will get to choose between a Wii, digital camera, an X-box 360, a portable DVD player, GPS, DS Lite, Digital picture frame, or PSP. I got something for everyone. Use your creative juices, the more memorable it is, the more votes you'll get!

Have a great summer everyone, *Dr. Jesse Chai*