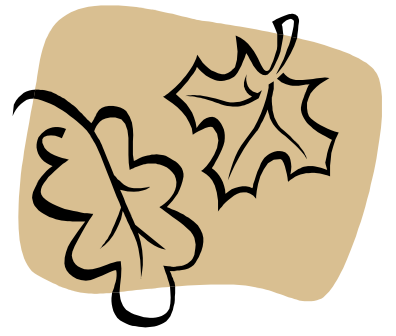


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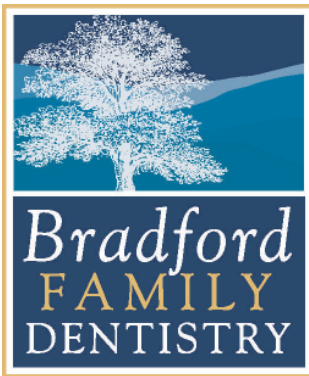
Patient's Name

Street Address

City, State Zip Code



Magical Smile September Newsletter



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*“When summer
gathers up
her robes of glory,
And, like a dream,
glides away.”*

**~ Sarah Helen
Whitman**



Inside:

Pg2... Ways to Keep Bugs at Bay

Pg2... Refreshing Punch and Water Games

Pg3... Teens and Bad Breath

Pg4... Important Announcement About BFF

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

Itchy insect bites

Fleas, chiggers, bed bugs, mosquitoes, gnats, cone-nose bugs, thrips

1. Apply firm, sharp, direct, steady pressure to the bite for 10 seconds.
2. Apply calamine lotion or a baking soda paste.
3. If the itch is severe, use a non-prescription one percent hydrocortisone cream. Apply four times a day until the itch is less severe, then switch to calamine lotion.
4. If the bite is still very itchy after local treatment, an oral antihistamine works for highly sensitive or allergic people, including children.
5. A cool compress or a tepid bath also may relieve irritation.

Ways to Keep Bugs at Bay

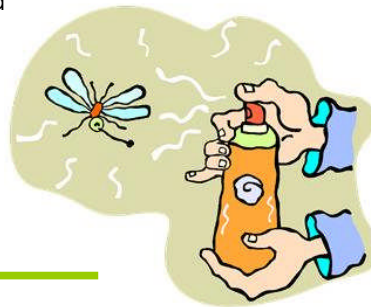
There are plenty of non-chemical ways to avoid mosquitoes and other pests. Wearing long-sleeved shirts, pants instead of shorts, and shoes instead of sandals will thwart many bugs. Though these don't seem like great options in hot summer weather, thin, loose-fitting clothes are often just as comfortable and have the double benefit of helping you avoid sunburn and UV skin damage. Another sun-smart fashion tip -- a broad-brimmed hat -- works well at keeping bugs away from your head.

Try using a fan to

ward off mosquitoes -- they can't stand a breeze.

Stay indoors during peak mosquito hours, usually twilight hours through early morning.

Also, avoid using perfume, scented soaps or cologne, as these send out the "All You Can Eat Buffet" signal to mosquitoes and other biting insects -- even scented fabric softeners and dryer sheets have been shown as bug-attractors.



Water-Balloon Baseball



When the ball's full of water, every hit makes a splash.

What You Need:

- * Water balloons; make a lot before the game begins so there's not a break in the action.
- * Baseball bat or whiffle-ball bat.
- * Enough outdoor space for setting up the playing field.

Instructions:

1. Divide players into two teams and take turns batting and fielding as usual. Rather than calling strikes, you may want to change batters after a certain number of swings, and switch places whenever all the players on the at-bat team have had a turn at the plate.
2. Give each team a point for every balloon they break.
3. The outfielders won't have much to field, but they can try to tag the runners before they get to base.



White Sangria Punch

Ingredients:

- * 1 small honeydew melon, halved, seeded, and cut into chunks
- * 1 small pineapple, peeled and cut into chunks
- * 4 medium peaches, cut into thin wedges
- * 1 lemon, thinly sliced
- * 1 lime, thinly sliced
- * 2 750-ml bottles dry white wine, chilled
- * 1/2 cup sugar
- * 2 tablespoons lime juice
- * 1 1-liter bottle carbonated water, chilled
- * 1 cup loosely packed small fresh mint leaves
- * Fresh pineapple spears

Directions:

1. In a large punch bowl combine melon, pineapple chunks, peaches, lemon slices, and lime slices. Add wine, sugar, and lime juice. Stir well to

dissolve sugar. Cover and chill for at least 2 hours or up to 24 hours. Just before serving, stir in carbonated water and mint leaves. Serve with pineapple spears. Makes 16 servings.

Nutrition Facts:

* Servings Per Recipe 16 servings
* Calories 123,
* Total Fat (g) 0,
* Saturated Fat (g) 0,
* Cholesterol (mg) 0,
* Sodium (mg) 20,
* Carbohydrate (g) 16,
* Fiber (g) 1,
* Protein (g) 1,
* Vitamin C (DV%) 35,
* Calcium (DV%) 2,
* Iron (DV%) 9,
* Percent Daily Values are based on a 2,000 calorie diet



Teenagers and Bad Breath

Teenagers have enough to worry about without adding bad breath to the list. Unfortunately, bad breath is a very common dental problem that affects millions of people every day. Since teenagers are at a stage in their lives where they rely heavily on how they are perceived by others, bad breath can be an overwhelming obstacle for a teenager.

What Causes Bad Breath? Bad breath can be caused by many factors including poor oral hygiene, particular foods, underlying dental or medical conditions, dry mouth and certain lifestyle changes and choices.

Poor oral hygiene is the primary cause of bad breath. Bacteria from

food particles that remain on or in between the teeth can become rotten and emit a foul smell. Flossing daily and brushing twice a day can prevent this from happening.

Strong and spicy foods can also cause bad breath. This is because the odor from these foods is expelled from our lungs after the foods are absorbed into the bloodstream. According to dental studies, about 85% of people with persistent bad breath (also known as halitosis) have a dental condition that is to blame. These conditions could be one or more of the following:

- Poor oral hygiene
- Gum disease
- Cavities
- Oral cancer

- Dry mouth (xerostomia)
 - Bacteria on the tongue
- It is important to rule out any medical or dental problems for chronic bad breath. If bad breath is the cause of a dental condition, mouthwash will only mask the odor and not cure it.

Lifestyle changes and choices are also contributing factors for bad breath, especially with teens. Tobacco use, eating disorders and braces are some examples of these changes and choices. It is essential for teenagers to learn the benefits of good oral hygiene early in life. Good oral hygiene is often the key to preventing and eliminating bad breath, along with many other dental problems.



GARDEN TIP FOR THE FALL

Make preparations to plant spring-flowering bulbs into your landscape. Prepare the soil for bulb beds by adding a generous supply of compost to improve drainage and add porosity. Bulbs will not survive long if soils are heavy and tend to stay waterlogged.

Question: What is Halitosis? Answer:

Halitosis is a clinical name for bad breath. According to dental studies, about 85% of people with bad breath have a dental condition that is to blame. These conditions could be one or more of the following:



- gum disease
- cavities
- poor oral hygiene
- oral cancer
- bacteria on the tongue

Regular dental check ups & cleanings, flossing daily, and brushing your teeth & tongue twice a day can greatly reduce and possibly eliminate halitosis.

Back to School Special
FREE back-to-school gift with every cleaning!
Call Andrea
(905) 775-5307
to schedule your appointment and get started on your beautiful smile!

Riddle of the Month

Last Month's Quiz Question!

What do you call a kitten drinking lemonade?
Answer: A Sourpuss!

This Month's Quiz Question:

What do you call a scared dinosaur?
Answer: In Next Months' Newsletter!



"Ah, summer, what power you have to make us suffer and like it."

- Russel Baker

With Heartfelt Thanks for Your Referrals

There's no question that we have the BEST patients on the entire planet.

Our business is built on word of mouth advertising and we'd like to thank the following people who were kind enough to recommend our services to their friends and family.

Angela D. Pete A. Donna K. Jesus R. Tina T. Natasha T. Antonella V. Kristi M.

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!

Douglas F. Sara M. Maria R. Melissa O. Gary A. Emanuel C. Linda D. Tanner S. Rachel P. Larry M. Thomas A. Melissa A. Marg Anne Q. Dave R. Jordan B. Laura S. Harvey A. Thomas L. Kim K. Katarina M. Kevin B. Kelley C. Andrew P. Liana O. Melissa P. Sarah P. Sylvester M. Pat T. Melodie M. Diane O. Carol G. Brea N. William C. Zida Z. Lucas W. Stacey M. Maria S. Gabriella S. Daniella S. Vando C. Sokeo T. Vandy C. Vannida C. Amanda N. Tim S. Donna N. Debbie S. Darin S. Myril B. Shelley R. The Chit Family

What's New in the Office - A Note from Dr. Chai...

The end of summer is here and the school year has started. It's been a busy summer with Evan. As you know he got to experience his first cruise... I don't think he ever got use to the time zone change as he constantly woke me up at 4:00 or 5:00am every morning. Evan is becoming increasingly active and has figured out how to open doors now, so we really have to keep an eye on him now!

Unfortunately, due to unforeseen circumstances, we have to cancel our 2nd annual Bradford Family Fest. In lieu of this, I have donated \$1000 to the Cancer Society to aid in Cancer Research. I will see if we can pull it off next year at the new facility.

Speaking of the building, we are still in the permit process. The real estate agent that approached me to sell me the building promised certain things as key selling points, and now I'm finding out he was making a lot of stuff up to make the sale. So this has been a much bigger headache than I wanted, but I know it will get sorted out fine in the end.

Hope you all enjoy what's left of this beautiful summer!

Dr. Jesse Chai



Important Announcement



Due to unforeseen reasons, the 2nd annual Bradford Family Fest has been **CANCELLED** for Sat. September 18th 2010. Dr. Chai has still donated \$1000.00 to the Canadian Cancer Society.