



Lake Forest Dental Associates

newsbites

Winter 2018

Women in Transformation

Lake Forest Dental Associates Doctors Laniel Razdolsky and Monika Tincher are committed to educating patients and the community about the importance of good oral health to systemic health through seminars and programs. To that end, Dr. Tincher recently was honored with the opportunity to speak at the *Women in Transformation* program held, Sunday, January 21 from 11:00 am to 3:00 pm at the Gordon Community Center.



More than 100 guests, sponsors, speakers and vendors joined together to empower women in the community, inspire one another and create lasting bonds. The purpose, to find ways to improve health, create new perspectives while navigating through aging and change, mindfully exploring and unleashing the passions in life's work, and finally, creating a personification that truly represents the authentic self.

The program included lunch, networking with other women in the community, shopping with vendors followed by a panel discussion with 12 local women speakers.

"It was an amazing program geared toward helping women find ways to improve their health and well-being," said Dr. Tincher. "The discussion of oral and systemic health as it relates specifically to women is fascinating. We are only now beginning to have open and frank discussions which help women to understand how impactful oral health is to our long-term quality of life."

"I am very pleased I was able to share in this discussion with such a distinguished panel of women, as I learned a lot through my participation as well," she added.

For those of you who missed it, there will be another program in the spring. Follow us on Facebook and we'll keep you posted on details, date and times for the program.

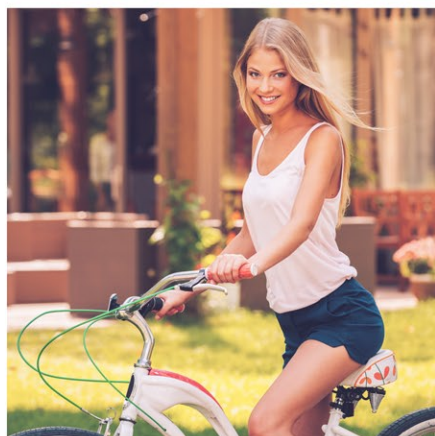


New Year, Healthier You

Oral health touches every aspect of our lives, and whether you are 80 or 8, your oral health is important. Besides the benefit of regular cleanings, your dental wellness visits are the perfect opportunity for the Lake Forest Dental Associates team to examine and not only help prevent oral issues, but potential overall health issues as well. If the eyes are the window to your soul, your mouth is the doorway to the well-being of your entire body. There are often very clear indicators to nutritional deficiencies and systemic health issues which can first become evident in the mouth.

So, what can you do? Besides making and keeping your regular dental checkups, resolve to make and keep these easy resolutions for a healthy happier you in 2018.

(cont'd on back)



Thank You

As you know, our primary focus here at Lake Forest Dental Associates is to provide the highest quality oral care to ensure your family's healthiest, most beautiful smile. We are committed to providing exceptional patient care at each visit, and our core values reflect the belief that each patient has individual needs and unique concerns. It is why we put such emphasis on the patient and by extension our community, as well as the collective needs and concerns that impact many of us on a daily basis.

It was an amazing 2017. We are so appreciative of all our patients and proud to be a growing part of this community. As a show of gratitude, and as our way of giving back to the needs of our community, our Lake Forest Dental family has enjoyed organizing many outstanding community service programs through 2017. However, the success of our teeth whitening to benefit the Lynn Sage Comprehensive Breast Center at Northwestern Hospital, Halloween Candy Buy Back, Veteran's Day Cleanings for our Military and children's toy donations to Toys For Tots, can ultimately be attributed to you, our patients. Through these programs you have taught us more about this community while helping us help others and even extend oral

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New Year, Healthier You

Snack better. Strawberries, oranges and pineapple are not only great snacks, they are awesome for natural teeth whitening. When accompanied with fluoridated water, you not only stay hydrated, you stave off nasty bacteria which can cause cavities and even bad breath.



Cut some sugar. Simply chewing sugarless gum for 20 minutes following snacks can also help prevent tooth decay. And, remember to brush. Two minutes a day, twice a day will result in good breath and fewer cavities. Try these easy mouth-healthy resolutions and remember your regular visits to your friends here at Lake Forest Dental Associates. You'll be mouth healthy for life.



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health services to those who may otherwise not receive them.

Together we made a difference in 2017. It's our way of showing others in this community how much they are valued. We think that's important. So, thanks for letting us be a part of your lives. And thank you for helping us give back. We wish you all the very best in 2018. Here's to another outstanding year of making lasting smiles!



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