



A New Look at Rockside

It has been a long time in the making and we are so pleased with our new logo! You may have caught a glimpse of it in the office, but we are officially revealing our new logo in this newsletter. We are deeply grateful to our longtime friend, Jana Vanadia of JV Vision Creative who captured the essence of who we are with the warm colors and the welcoming tree depicting our family nature. You will be seeing the transformation over the next few months on most of our documents, promotional products, and signage.

New Addition to Our Team

In case you missed the announcement on our website and Facebook, Dr. A. William Barber joined our team as an associate dentist in July. We feel very fortunate to have Dr. Barber join our dental family. We hope you will be in soon to meet him and welcome him to our practice.



A. William Barber, DMD

Dr. Barber studied at the Case Western Reserve University School of Dental Medicine, where he graduated with honors. When not working, he frequently volunteers, providing dental services to low-income families, to Native-American communities, and even abroad. In his spare time, Dr. Barber enjoys traveling, cooking, caring for animals, and is an avid outdoorsman. He is very excited to be part of our dental family.

"I've had terrible experiences elsewhere, which made me forgo most dental care. I'm embarrassed about my mouth, and I didn't once feel like I was judged by anyone here. They put me at ease from the beginning, and made sure to explain everything and give me ample opportunity to ask questions. The evening hours are amazing too, because not everyone can get time off work earlier in the day.

- Kim A.

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Cold & Flu Season is Here!

Coughing, sneezing, sniffing is all around us. Hopefully you will avoid these symptoms, but more than likely, you too will face the common cold or flu this season. Did you know that having a cold or flu can affect your mouth?

In some cases, patients who have sinus issues often complain of a toothache. The reason being, when the largest sinus cavity in your face fills up with fluid it can produce pressure on the roots of your teeth. This sinus cavity is located directly above your upper jaw.

Other areas of concern are dry mouth, post nasal drip, and sore throat. When your nose is stuffed up, breathing through your mouth is common. Mouth breathing, in conjunction with decongestants and antihistamines, can make your mouth very dry. Drinking plenty of fluids can help keep you hydrated and help keep your teeth healthy. Gargling with salt water can also help with sore throat and it will help cut down on harmful bacteria in your mouth, reducing the effects of bad breath and plaque.

It is unlikely that brushing your teeth will be high on your priority list when you are not feeling well. However it is still recommended that you continue to brush your teeth at least two times per day for two minutes each. Once you feel better, replace your old toothbrush. Toothbrushes can harbor germs that can possibly re-infect you. Also consider keeping your toothbrush separate from other members of your family to help minimize the spread of germs that can cause illness.



Try to minimize your exposure to people who you know are sick. Wash your hands regularly and use antibacterial soap and hand sanitizer.

Keeping a travel size sanitizer in your purse, desk, and car can make it readily available to help combat these germs.

Happy Retirement Grace!

It is bittersweet having to say goodbye to one of our instrumental people at the front desk.

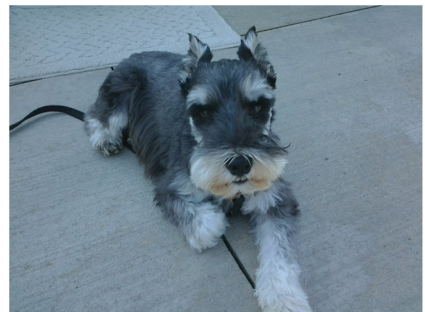
Many of you have come to know and rely on Grace for a multitude of assistance over the years.

After 24+ years, Grace has decided it is time to take a step back and tend to some things that she has been wanting to do...which we are sure will include more time with her 4 legged fur babies Nikki & Alex. See picture below.

We wish the very best to Grace and her family .



Grace's retirement luncheon



Alex- looks forward to more time with Grace.





“I have been with this dentist office for about 5 years. The level of care they have with EVERY patient is unmatched by other offices. My loyalty to them started when I had a root canal go terribly wrong from another dentist practice. They took me in as an emergency appointment and has taken care of me since then. I have never been fond of going to the dentist until I found this office but now I'm there semi annually and recommend the office to anyone.”-Rachel G.

We always appreciate the kind words of affirmation that we read on our reviews! It drives us to work that much harder to continue to improve the atmosphere, services and treatment of our patients.

The confidence you show in us by referring your family, friends and associates is really appreciated.

We promise to treat them with the same great care you have come to expect from us.

2018 Norman Rockwell Calendars are in!!

Please stop in the office to pick up your copy!!

Utilize Your Insurance Benefits

It's that time of year again. Many patients have treatment diagnosed but not completed. Or maybe it is the 2nd cleaning for the year that has not been scheduled. What always is amazing is that many of these patients have insurance benefits available that will be lost at the end of the year. That's like throwing money out the window!

As a courtesy, this is your reminder to please check with our office if you are unsure if you have treatment that has been recommended but has not been scheduled or if you are not sure if you have had two annual cleanings this year.

This is the time of year that our schedules start to fill up quickly. College kids are coming home for the holidays, patients with insurance benefits are trying to maximize their dental benefits for the year, and many of our patients take vacation during the holiday season and schedule their dental and medical treatments at this time.

So please, especially if your availability is limited, call us soon. The evening, weekend and Friday appointments are in high demand. We will always make our best effort to get you an appointment that is convenient for you, but keep in mind as the year comes to a close, appointments will be made on a first call basis.

Holiday Meals and Your Mouth

We all love to indulge around the holidays, but did you know that some of your favorite foods can be harming to the enamel (outer layer) of your teeth? Having an acid-rich diet can put your tooth enamel at risk of acid erosion. Listed are some common holiday foods higher in acidity and some that are lower in acidity.

Higher Acidity: Wine, Cherry and Apple Pie, Cranberry Sauce, Salad Dressing and carbonated drinks such as Diet Coke, Pepsi and other sodas.

Lower Acidity: Water, Broccoli Casserole, Green Beans, Cheese Plate, Potatoes, Milk

If you see some of your favorites on the high acidity listdon't fret, simply balance with a low acidity pairing. Like wine and cheese, fruit with yogurt, or dessert with a glass of milk. Doing this will lower the acid level to a safer non-acid eroding PH. If you are ever in doubt finish with a glass of water and wait 30 minutes before brushing.





Chocolate Peanut Butter Cake —Best Ever

Cake Ingredients: 1 box devils food cake mix
1 small box Jell-O Instant chocolate Pudding Mix
1 cup sour cream; 1 cup vegetable oil; 4 eggs, beaten;
1/2 cup milk; 1 t. vanilla; 2 cups mini chocolate chips **OR**
1 bag Reese's peanut butter cups, chopped.

Frosting Ingredients: 1 cup Crisco shortening; 4 cups powdered sugar;
1/4 t salt; 1 t. vanilla extract ; 1/3 c. heavy whipping cream ;1/2 c. smooth pea-
nut butter.

Directions: Preheat oven 350 degrees. Spray baking dish with non-stick cook-
ing spray. In a very large bowl, mix together all the cake ingredients except for
mini chips or peanut butter cups. Batter will be thick. Then stir in the chocolate
chips/peanut butter cups. Pour batter into cake pan of choice. Bake as de-
scribed on box to start and follow up with toothpick test ...checking every 5
minutes. Two 9" rounds usually take approximately 45 minutes.

FROSTING: In a mixing bowl, cream shortening until fluffy. Add sugar and
continue to cream until well blended. Add salt, vanilla and whipping cream +
peanut butter. Blend on low speed until just combined. Beat at high speed until
frosting is fluffy. Frost cooled cake and decorate with another bag of peanut
butter cups— chopped and/or whole.

Rockside Family Dental Care
6132 West Creek Road
Independence, OH 44131

Contact Us

Give us a call or email us for
more information about our
services.

Rockside Family Dental Care
6132 West Creek Road
Independence , OH 44131

216-524-8481

info@RocksideDental.com

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RocksideFamilyDentalCare.com

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