

Town Center Dental Care

Michael B. Lorio, D.M.D.

8263 S.W. Wilsonville Road, Suite C • Wilsonville

Located in the Town Center Mall • We Cordially Invite You To Call (503) 682-9191

A new, radiation free, way to detect cavities

We have exciting new technology to help diagnose cavities without any radiation. It is called Dexis CariVu. It works by bathing the tooth in safe, near-infrared light, which transilluminates the tooth making the enamel appear transparent while cavities trap and absorb the light making them appear dark. With this technology, we now have an alternative way to detect and evaluate cavities in the early stages which helps us decide when treatment is appropriate. CariVu is another exciting tool to help us provide the most comprehensive dentistry for our patients helping them achieve optimum oral health.

“Difficult roads often lead to beautiful destinations.”

What's Up Doc?

- Dr. Lorio and his family are getting excited to enjoy another fun summer of camping, biking and kite boarding.
- Cindy and her family will host the 7th Annual Jim Wright Classic Charity Golf Tournament this summer in honor of her brother who passed away in 2009.
- Amanda caught her biggest fish this spring at Wamic, OR. A whopping 3 pound trout.
- Theresa and her finance', Brian, are getting married this August. They will honeymoon in beautiful Hawaii for 10 days.
- Debbie has learned that getting 7-8 hours of sleep at night is important for resetting hormones, weight loss and healing.

“Your best teacher is your last mistake.”

A Thoughtful Work-Out

In 2007, researchers at Columbia University showed increased blood flow to a part of the brain responsible for memory after only three months of regular exercise. The participants also experienced faster reaction times and better ability to focus. Exercise stimulates growth factor proteins, which are key to the growth and formation of neural synapses and brain cells. *Exercise is anti-aging for the brain.*

– Dr. Uche Odiatu DMD

3 Ingredient Almond Butter Granola Bars

I absolutely love granola bars. They are a quick snack, they taste so good, and they keep me feeling full for hours upon hours. However, some pre-made bars tend to be high in saturated fat and high in calories for such a small piece. I have learned, the more ingredients in a pre-made bar, the worse it is for you typically.

Here is a quick and easy recipe to make your own almond butter granola bars using just 3 simple ingredients:

Ingredients:

- 3/4 cup raw honey
- 1 cup raw almond butter
- 3 cups old fashioned oats

Directions:

1. Heat the almond butter and honey in a saucepan on low heat until melted. Stir and remove from heat.
2. Pour mixture over oats in a large bowl. Stir thoroughly.
3. Pour and press batter into a 9 inch baking pan and bake at 350 degrees for 15 minutes.
4. Remove and let cool.

Makes 16 bars.

Calories: 210

Calories from fat: 95



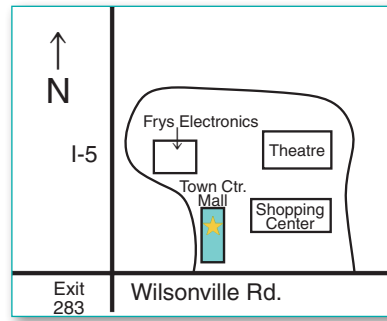
To learn more about our office, please visit our new website at drlorio.com

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Referrals

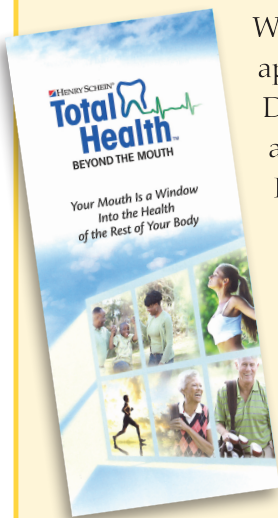
Refer a family member, friend or co-worker to TOWN CENTER DENTAL CARE and you will be entered in our drawing to win a \$250 McMenamins Gift Card. The winners (2) will be drawn the end of June 2016, so send your much appreciated referrals to our office soon. GOOD LUCK!

Referral Drawing Winners

Congratulations to Jim Fitch and Beth Slater. They each received a \$250 Visa Gift Card when their names were drawn last December. Thank you to all our patients for the nice referrals.

*"Be sure to taste your words
before you spit them out"*

Total Health Checklist



When you come to your next appointment at Town Center Dental Care you might be asked to fill out our "Total Health checklist". We are committed to your overall health and your mouth is the window to the health of the rest of your body. It only takes a minute of your time, but can give us many helpful insights.

Dental Mental Word Scramble

Unscramble these four jumbles, one letter to each dash mark, to form four ordinary words.

_ A _ K _ N _ H _ T
 _ W _ L _ E _ S _ L
 _ C _ I _ F _ E _ O _ F
 _ C _ N _ O _ O _ T _ C



The dentist told the golfer,
"You have a....."

Now arrange the circled letters to form the surprise answer as suggested by the above cartoon.

Answer: _____

(Last newsletter puzzle: dirty....table....sedate....corner....
Cartoon answer: DENIS)

"It's easy to stand with the crowd. It takes COURAGE to stand alone."