

CITRUS CARE DENTAL *Newsletter*

Jan - Apr 2012

Dear Patients,



Dr. Gary S. Padgett

*H*appy New Year 2012. We hope you had a good new year. It was a tough year for all of us, but my staff and I continue to provide great care to our patients. We continue offering a free 30 minutes 2nd opinion consultation to new patients. We also continue to assist our patients in payment options to accommodate their dental financial needs.

I apologize for the delay of this newsletter. My father, Dr. C. Gary Padgett, passed away the week after new years. He was a fantastic dentist who taught me to be who I am today. He was dedicated to educating and providing his patients with the best care for 50 years in the North Shore of Chicago. We worked together for 18 years. I learned a great deal from him and I would not be the person or dentist I am today without his help and guidance.

I am now fully back to work. We are looking forward to see you back soon. Welcome back for our patients from the North. The weather has been pleasant this winter. Hope you enjoy the sunshine and fresh cool breeze.

Gary S. Padgett, DDS
Gary S. Padgett DDS

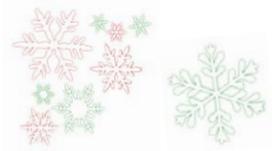
UPDATE & EVENTS

◆On Wednesday, March 28th, Citrus Care Dental participated in the Health Fair 2012 in Bella Vita Health Club and spa (in Citrus Hills Terra Vista) from 8.30 am - 12.30 pm. We will provide dental health information and answer any concerned questions.

*In loving memory of
Dr. C. Gary Padgett
1922-2012*



Staff TALK



Back: Chris .Kelli . Brenda
Front : Susan . Cindee . Lorraine

HAPPY NEW YEAR from all of us. We hope you had a wonderful holiday. This year is coming along well so far. We are ready to start the new year with hard work and a bright smile. We are looking forward to seeing our patients soon.



Lorraine

This is my dog, Mickey. Mickey and I volunteer at Jessie's place-child advocacy center and Citrus County Court House. Mickey will do her job by playing with the children to calm them down while waiting for the court interview. She gives emotional support and a calming influence while we work at Jessie's place. Website is <http://www.courtroomdogsforkidsinc.com>



" Mickey "



❖ Susan & Chris volunteered to help **Smile on Citrus** on December 10, 2011 which provided the extraction and filling. Almost 100 people received treatment and all were very appreciative of our efforts. We were happy to help and be the part of it. We look forward to the next event and we enjoy giving back during this time of great need.

Recipe by Danielle

Mint Chocolate Smoothie
Ready in 5 minutes (1 large or 2 small serving)



▶ Maximize your fat-blasting powers by fueling your body with a post-workout smoothie packed with muscle-building nutrients.

Nutrients per large serving:

Calories: 593, Total Fat: 11 g., Total carbohydrates: 18 g., Dietary Fiber: 1 g., Sugar: 14 g., Protein: 31 g.

Ingredients:

1. 1 mint green tea bag
2. 1/2 a cups of hot water
3. 1 cup of ice
4. 1 scoops of chocolate whey protein powder
5. 1 cup low-fat plain yogurt
6. 1 tbsp vanilla-flavored
7. 1 tbsp semi-sweet chocolate chips

Starting

1. Steep the tea bag in hot water for 5 minutes. Squeeze remaining liquid from tea bag and discard.
2. Add ice to the tea and combine all ingredients in a blender. Blend on high until mixture is smooth and creamy.

Dental Care

Eliminating removable partials

We see many patients that are missing some or all of their back teeth. Some of the patients are still not aware that there are [options](#) to eliminating having to wear a removable appliance. Sometimes it can be as simple as preparing several teeth on each side of the space for crowns and then fabricating a *fixed bridge*. This then fills the gap with teeth very similar to what you used to have and is fixed in the mouth.

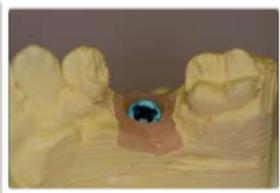
*W*hen the patient does not have a back tooth to do what we described above then what we do is place one or two [implants](#) in the space where the missing teeth were. We then fabricate teeth on the implants to fill the space. This is the most ideal and is considered standard of care for replacing missing teeth.

*T*he teeth fabricated on the implants are fixed in the mouth and mimic natural teeth. It is the most desirable option for replacing lost teeth. Because the implants are titanium we do not have the problems of teeth needing root canals and we eliminate any periodontal complications that are associated with natural teeth.

*I*n many instances we hear from patients that they feel these options are not affordable. What patients do not understand sometimes is that the treatment can sometimes take anywhere from 6 months to 2 years to complete. When the costs are spread out over that amount of time it can become affordable for many patients.

Then, in the end, the patient has something replacing their teeth that they are comfortable with that they will live with for the rest of their lives.

The first step is to evaluate your dental situation and develop what you would like to live and function with. From there, we develop a treatment plan to accomplish this and then determine a time schedule to complete this. The treatment time can be adjusted based on the patients time availability and financial constraints. In the end, the patient can have some wonderful teeth to live with.



Article by : Dr. Gary S. Padgett



Get Fit & healthy

with **Danielle Beaupre**

Finally new year. Done with all the goodies hope you had a good time! Now it is time to get back on clean eating. I have some pointers to jump start the new year. Foods that fight fat and speeds up the metabolism. Good luck until next time.

▶Lean On Lean Protein

Skinless chicken and fish has long been staples of clean eating. Women can burn up to 300 extra calories a day just by creating a high protein diet. In the thermic effect of eating 30 percent of the energy you ingest from a gram of protein is burned off as heat and work. For carbs its about 8 percent and for fat its only 3-4%. Tired of poultry try turkey sausage.

▶Nutty Buddy

Cashews may be chic at parties and peanuts tasty in satay sauce, but almonds are king of nuts. Almonds contain 19 percent of the RDA for magnesium, which helps you build muscle. The more muscle you have in your midsection, the better defined your belly will be. Sprinkle them on your salad.

▶Dairy Queen

An 8oz. cup of nonfat yogurt provides 300 milligram of calcium more than the same amount of full-fat yogurt. Plus, the live cultures in yogurt help your body absorb the calcium and fight off illnesses better. Stick with yogurts that are free of artificial flavor or color.

▶U-Pick

Berries both wild and cultivated blueberries as well as raspberries and strawberries are top the list of the best antioxidants by protecting your cells from damaging free radicals, antioxidants help keep your skin firmer

▶Go Fish

Fish that contain omega-3 fatty acids DHA and EPA have a way to reduce blood pressure and protect the heart. Fish oil also boost metabolism by speeding up the calorie burning in the mitochondria. 14oz. of fish you need each week to meet your omega-3 requirements.

▶Egg-cellent Boost

Eating eggs may reduce the risk of breast cancer by 24%. Eat eggs anytime.

▶Building Beans

9 servings of vegetables you need each day. Beans beat out most of other foods when it comes to building muscle, regulating digestion and burning fat. They are packed with protein, fiber, folate and iron. They are a low calorie food boost.

▶Tea Time

Belly - friendly, green tea can help boost metabolism and burn fat. It was found that green tea can help burn more calories during the day.

▶Whole Grains Zap Fat

3 grams of fiber in one slice of whole wheat bread. Whole grains help you whittle your waistline, they're also keeping your ticker in top shape.



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