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## Welcoming our NEWEST Patients to the Dente Family!

Our practice continues to grow because of the trust that our patients put in us. We are grateful for their trust, and are reminded everyday that trust has to be earned. We know this to be true because they have referred their friends and family to our office, knowing that we would treat them with care and respect. We would like to welcome our new patients to our Dente family.

*Mark A. • Rebecca B. • Megan B. • Victor B. • Neil J. • Lorelei O.*

*Summer P. • Noah N. • John L. • Samuel T. • Jacob B. • Kevin M. • Lisa W.*

*Bethany M. • Nada Z. • Rosita T. • Christopher M. • Tom T.*

# Dente NEWS

March 2017

A Newsletter for Friends of Dente Complete Dentistry

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OUR GOAL IS  
TO SERVE YOU  
WITH SUCH  
A GREAT  
EXPERIENCE  
THAT YOU:

Thank the person  
who sent you  
to Dente Complete  
Dentistry,

and

Refer people that  
you care  
about to us.

## Miami Trip

Every winter, the office closes from Christmas to New Year's. The office is really slow during that period and financially it does not make sense to be open. During that break, my family usually takes a nice vacation to somewhere warm. This year we decided to go to Miami Beach.

As a kid, I always went to Miami for vacation. My dad took a month off in August and we'd spend 2 weeks in Miami visiting family and then 2 weeks in Marco Island to relax. After many years of doing that, Miami started to become lame. It was the same thing every time. Go visit relatives, go eat at Cuban restaurants, go watch Cuban comedy shows time after time after time. That made me burnt out from the city and I took a long break from going.

This year, I felt nostalgic and wanted to go to Miami Beach. I had two goals for this trip.

First, I wanted to have a relaxing trip that was not over scheduled. Second, I wanted to see my aunts and uncles who are now in their 70's and 80's. Both goals were achieved and it was an amazing trip.

We flew into Ft Lauderdale airport because the flights are cheaper than the Miami airport and the airport is only about 45 minutes from Miami Beach. We rented a car to give us the freedom to go wherever we decided. We decided to stay at the Eden Roc. It's in Miami Beach about 7 minutes by car from the infamous South Beach. It was a conscious decision to have our hotel away from South Beach. We wanted more of a family trip, and South Beach has a younger, trendier crowds.



## Why Does My Tooth Look Dark?

Your smile is your special signature to the world. When it's healthy and bright, your unique personality will shine through to everyone who sees it. Because it's our most used and visible accessory, it's wise to give it proper care and attention, for both health and cosmetic reasons.

The first thing to stand out about your smile is the color of your teeth. Most discoloration is the kind that affects the outer layer of the tooth, the enamel. Dark colored food and drinks, like red wine, coffee, chocolate and caramel cause enamel staining. Most times, a professional teeth cleaning will be enough to remove the staining. If the staining is still present after a cleaning, use over the counter whitening strips or a professional teeth whitening kit. But what about the discoloration that is randomly affecting only one tooth? What caused that darkness? More importantly, how can you fix it?

A tooth will appear dark because it is damaged internally. An injury, such as a significant blow or fall to the face will cause the blood vessels living inside the root of your tooth to burst. The most concerning aspect of an internally darkened tooth, is the likelihood that the root is fractured and that an abscess (infection) is present. Left unchecked, the abscess will not only continue to make the tooth darker, but will also grow rampantly. It could spread to the jaw and throughout the body, which could cause pain. An x-ray will usually be unable to detect any fractures in the root, so your Dentist will need to check your gums for any inflammation and sensitivity. All hope is not lost should your tooth be infected; a root canal will be performed to remove all of the bacteria and infection.

Call your Dentist to let them know any troubling changes in your smile's appearance. A little flaw on the surface, could very well be a major underlying problem. Be proactive to keep your smile in the best shape possible!

## Dente Staff Dinner



Another year has passed and 2016 was GREAT! We celebrated with our team at Piccolo Sogno. We had a fantastic time. The food and service was amazing. Thank you team for your hard work.

## Katie's Engagement



We are so happy for Katie. She just received her engagement photos back. Katie and her fiancé, Garrett, looks so cute together. Time flies. The wedding is coming up this June. We wish Katie and Garrett the best!

## Patient of the Month



Mercedes is our featured patient this month. She is no stranger to success. She got her MFA in Independent Film and Digital Imaging in 2009, and is currently a creative director for an internal communications agency. She has a passion for finding and telling great stories. Mercedes is also a director and filmmaker for Daisy May Films. Her latest work is a documentary on the life of Chicago restaurateur, Ina Pinkney, entitled "Breakfast at Ina's."

Mercedes saw an inspiring and meaningful opportunity to showcase the essence and feel of this breakfast icon and her restaurant that was open for 36 years in the West Loop neighborhood. The documentary follows Ina during the restaurant's last month in business. Viewers of the film get a chance to see the bustling restaurant and its charismatic owner behind the scenes. Ina was an inspiration for Mercedes because of her persevering spirit, how she learned to cope and rise above her limitations due to polio and the discrimination related to her interracial marriage.

The film premiered at the 51st Chicago International Film Festival and has screened at 30+ film festivals across the country. The documentary is still in the film festival circuit, and has won four awards including Best Documentary at the Equinox Women's Film Festival, Best Documentary Short at the Rivers Edge Film Festival and the Audience Award at the Atlanta Jewish Film Festival. It's being distributed by 7th Arts and will be available for On Demand viewing in the near future. Mercedes' other works include, "Today We Saw the Face of God," currently viewable on Amazon Prime, and "Hearts of Hope."

Thank you, Mercedes, for allowing us to share your work with our community.

## Miami Trip, continued

I'm a morning person so I usually get up between 5 a.m. and 6:30 a.m. I know I'm nuts but that's how I've always been, even in college. I guess it must have been my dad's training to not allow me to sleep in. Back to the story. I'd get up, go for an hour walk listening to my podcasts, and then got breakfast for the family at this cool Cuban Cafe. The Cafe was packed with police officers, fireman and city workers all grabbing breakfast. I figured it had to be good. Well, my instincts were correct.

I'd walk back to the hotel with the best Cafe Con Leche. It is a Cuban version of a Latte, and I added lots of sugar. Sarah, my wife, would wake up and down it. She loved their coffee. We'd try to make it to the pool by 9 a.m. The crazy thing is half of the pool chairs were already reserved with towels but no one was there.

Every day, we went to the pool from 9 a.m. to 3 p.m. The weather was perfect. 80 degrees everyday and no rain. My son, Finn, did not want to leave the pool. He became very confident in the pool. On day 1, he was a little hesitant about getting in. He would cling to us like a Koala Bear in the beginning. By the end of the first day he was swimming by himself with the assistance of his floatie. By day 2, he asked to remove his floatie so he could swim "all by himself." At the poolside, we would order a delicious lunch and plenty of mimosas to wash it down.

The evening was designated to achieve goal #2 – to see my aunts and uncles. I don't see them as often as I would like. I feel that it's important that we as a family make the most of our time with them. Time flies, and life is too short. I had a pretty great childhood. Part of that great childhood was having really caring aunts and uncles. I felt like they always had my back even when I was wrong. And they were always bragging about us to their friends. Sometimes you may hear me say stuff like, "You see this kid, he's the best soccer player in Chicago." I actually do that a lot and I got it from them. They have always praised all of their niece's and nephew's achievements. Or they would hear that someone got good grades and give us \$20. The years came and went, but their love and support was always constant.

Overall, our vacation couldn't have been any better. Going back to Miami Beach reminded me of how special and unique my family is. In my next newsletter, I'll talk more about the time I spent with my aunts and uncles in Miami Beach.