

Holiday Greetings 2007

The American Dental Association's Annual Session this year was in San Francisco, September 26 through 30. One highlight we are excited to tell you about is the emergence of amorphous calcium phosphate (ACP). ACP may prove to be very beneficial to your future oral health. Research has indicated that this substance might enhance the remineralization (rebuilding) of dental enamel, reduce tooth sensitivity and improve the appearance of your teeth. ACP is MOST effective when used in conjunction with fluoride and can be found in toothpaste, mouthwash and chewing gum.

'Tis the season for making those ***New Year resolutions!*** Here are a few things you can resolve to do in the New Year to look and feel younger than your chronological age, which after all, is just a number. According to Dr. Michael Roizen, M.D. it's your "real age" that really counts.

1. **Be active:** Even a small amount of exercise- two 20 minute walks per day-can make your real age nearly 5 years younger.
2. **Laugh:** Laughter reduces stress, strengthens the immune system and can make your real age as much as 8 years younger.
3. **Floss your teeth:** Flossing and brushing daily can make your real age 6.4 years younger
4. **Take the RealAge test** online at RealAge.com.

Farewell

In October Sue, our accounts manager, packed her bags and belongings and moved across the country. She and her husband Jim are living their dream of a quieter life in South Dakota. We appreciate her many years of excellent service and wish them both all the best!

Welcome to Tracy, our new accounts manager! Tracy is longtime Woodinville resident, and has been married to her husband Mike for 32 years. She has two children Renee and Adam and two grandchildren Marcus and Caroline. Her hobbies include camping, cooking and keeping up with the grand kids.

Please call today for an appointment to maximize your dental insurance benefits and flex accounts for this calendar year. Our last day in the office will be Thursday, Dec. 20, returning Wednesday, January 2.

We wish you and yours a joyous holiday season with family and friends and thank-you for your continued loyalty. Happy 2008!

Dr. Bates and Team