

# Happy Holidays

Dear Friends:

December 2010

*"Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."  
-Mother Teresa*

Today's science has shown us that the receptors for our facial muscles are within the limbic part of our brain. Endorphins are activated when we smile, helping to keep us happy and creating a sense of well being. It is predicted that in the year 2020 heart disease will be the most prevalent disease, followed by depression. Research in dentistry ensures us that not only can we have our teeth for a lifetime, but we can also have a healthy and great smile that will help decrease the bacterial load on our heart, and keep us in a positive emotional state of being. Studies demonstrate that our oral health is directly related to our overall health, both physically and emotionally.

The opportunity for a good life is a blessing. Regardless of what comes our way, we have a choice: to be proactive in finding the good, or to become a victim, a role that does not serve us or others well. On Larry King Live, Jim Carrey said that good comes out of everything, no matter how terrible the situation might be. I believe we have choices, and it is our responsibility to look for the opportunity.

This has been an exceptional year for me in many ways. I have found a mentor in Seattle, Dr. John Kois, with whom I will take 9 continuing dental courses over the next 11 months; to date I have completed 5. These courses are part of a comprehensive program that helps us keep our teeth in the best form and function until we are 120 years of age. Drs. Bernie Gryle and Leyla Emami have also joined me in Seattle for continuing education with Dr. Kois.

Our smile is our fountain of youth that integrates and influences so many aspects of our body and our well being. I am currently writing a book about this topic, hopefully to be published within the next year. This project integrates my learning over the years, and allows me to share my reflections from many fields of interest that intersect, illuminating the power of the mouth.

Life at 1950 Yonge Street has been exciting as well. I began practising dentistry here in 1980! I graduated from Dental School in 1977. How quickly the years have passed. It has been an amazing time together, with great teammates and the wonderful people who visit us. Many of us have been together for more than 25 years. It is an honour for me to share our lives in this way. As a way of saying thank you, we are offering complimentary Zoom whitening and trays to all of our patients who have been with us for more than 25 years.

This year our continuing education courses with the American Academy of Cosmetic Dentistry took place in Hawaii. Stevka, Lana, Norma and Jessica joined me for an Aloha experience. Beyond the intensive 36 hours of lectures and hands on workshops, we managed to add a few days onto our trip. We saw Pearl Harbor, the north shore with sea turtles, the amazing ocean surf and innumerable surfers, shrimp trucks (our favourite meal), and we sampled the famous pineapple ice cream from the Dole Plantation! Snorkeling, hiking, and sailing into the sunset along with enjoying macadamia nuts and wearing fresh leis...all of these experiences helped to make our trip more wonderful.

I was given the opportunity, by invitation only, to attend a course in Costa Rica presented by Invisalign. The company is helping us create great smiles by using removable, invisible and comfortable aligners (they look similar to whitening trays). We are utilizing this method more and more within the practice to ensure and enhance the stability of our smiles. Many of us within the practice, including myself, are wearing Invisalign. Our mouths can be healthier by placing less strain on our teeth, and creating a better bite. By good fortune, the byproduct is a beautiful smile! Working for the company Invisalign, Ljiljana has been sharing her expertise in this area by visiting and teaching in other offices.

Dr. Jen Kim had a baby girl in January, Dejana Nikolic welcomed a baby boy in June, and Dr. Ursa Ansari is expecting her 3rd child, a boy, this January! We welcome Monika, a preventative dental assistant, into our practice. As always I like to acknowledge the members of our twenty year plus team, as well as our 10 year plus members. I consider myself to be so fortunate to have all of these people with me. We share a history, and have experienced a great deal of learning and growth together. The 20+ group includes Rosemary, Stevka, Karen, Caron and Sharon. The 10+ group includes Terri, Sandy, Ljiljana, Ursa and Lana.

As we welcome a healthy New Year with good hope and cheer, and filled with Peace, may we all share this recipe for *New Year's Sangria*...

*1 oz of wisdom, 1 oz of forgiveness, 1 oz of generosity, 1 oz of hope, 1 oz of thanks.  
Pour it all into a pitcher and mix. Pour a glass for yourself and others. Swirl the glass, breathe deeply and take in the bouquet.*

May your year ahead be full of wonderful opportunities, and allow your dreams to become realities. George Bernard Shaw said, "We don't stop playing because we grow old; we grow old because we stop playing." Will Rogers observes, "Even though you are on the right track - you will get run over if you just sit there."

So please keep playing and don't stand still for too long. We all want you to be as healthy as possible. Many smiles from our office to you!

With Love, Dana and Team

MONIKA  
Marilyn  
See  
Rosemary  
Nick  
Lyla  
Dana  
Bernie  
Franca  
Maia  
Ursa  
Juni  
Sandra  
Sara  
Stevka  
Lana  
Caroline  
Margarita  
Caron  
Rose  
Patricia  
Jenica  
Sharon  
Sandy  
Ljiljana  
Natasha  
Gabiela  
Norma  
Sem:)

For next year, we are planning to send this letter by e-mail, for those of you who would prefer this method of communication. Please let us know at your next visit, or contact our office.