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Thank You

As our practice continues to grow, we recognize that our best patients come from your referrals.

In appreciation for your referrals, you will **receive a \$40 credit** on your dental account every time you refer a friend or family member to us. So that we may thank you for your referrals, please write your name on the referral cards before handing them out.

Thank you for your continued confidence and support!

For All Moms

On Your Special Day...

From everyone here at the office, we want to wish all you moms out there a VERY Happy Mother's Day! We know you've been working hard, so be sure to get some relaxation and quality "mom time" in this year. And be sure to stop by our office for your **FREE Cosmetic Consultation** (call us for details). This year, let nothing stop you from getting the dazzling, beaming smile you desire. Go ahead, YOU DESERVE IT!

Origins Of Sugar

The word "sugar" is rooted in the Arabic language. It grows in the form of sugar cane, a member of the grass family. The plant can grow up to 15 feet tall with large, green leaves sprouting atop its shoots. The sweet part is extracted from the sweet juice or sap inside the cane. When it is broken up and boiled, sugar crystals are formed.

Sugar was not always as common as it is today. Back in the 12th Century, sugar was an expensive luxury, costing what would be equal to \$100.00 per kilo by today's prices!

Sugar was first used in Polynesia during the time of the Persian Emperor Darius, when soldiers found reeds growing on a riverbank. They described the plant as reeds that produce honey without bees. Later, during the Crusades of the 11th Century, sugar was first recorded in England after Western Europeans discovered the new spice.

The importation of sugar cane developed when trade was initiated between Western Europe and the East in the early 1300s. Over 100 years later, Christopher Columbus brought sugar cane with him to plant in the Carribean, where the plant flourished in the tropical climate. The sugar industry was quickly established.

Americans began tasting the sweetness of sugar through importation from the West Indies. Following the purchase of the Louisiana Territory from France in 1803, plantation owners began cultivating sugar cane.

Today, we use sugar for many different foods. Both privately and commercially, sugar is a key ingredient in cookies, candies, cakes, and other recipes. In the future, we may even see sugar being used in the making of plastics and detergents.

~ MOMISMS ~

"Don't eat that, you'll spoil your dinner."

"They're not weird, they're just a little different."

*"Life is like a box of chocolates;
You never know what you're going to get."*

"Don't forget your coat!"

"Go give your grandfather a hug good-bye."

"Did you clean your room?"

*"How do I know you didn't brush your teeth?
I just know."*

"Give me that stick! Now go tell your sister you're sorry."

"Do as I say, not as I do."

*"Back in my day we didn't have Gameboys or X-Boxes.
We had to entertain ourselves, outdoors."*

"Eat your vegetables, they're good for you."

"Don't talk to me in that tone of voice, young man!"

"Do that one more time, and I'll tell your father!"

Aloe Vera's Many Benefits

The best remedy for an unsightly and irritating cold sore may be the aloe vera plant, which has been used to heal skin for more than 2,000 years.

The aloe vera has long been recognized for relieving itchy skin, poison ivy and burns, and is now gaining distinction for curing ulcerated lesions, both in and outside the mouth.

To combat a cold sore and enhance healing, try applying aloe vera lip balm three times per day until the lesion has dried.

In addition to its anti-viral and anti-inflammatory properties, aloe vera provides other benefits to the skin, such as amino acids, and B1, B2, B6 and C vitamins.

A Secret About The Tooth Fairy

She loves healthy teeth! Even though "baby" teeth will be replaced by permanent adult teeth (usually between 6 and 12 years of age), it's still important to keep them clean and healthy. Temporary teeth are necessary to chew, to speak clearly, and to maintain space for permanent teeth. Children almost always have 20 primary (baby) teeth - sometimes more - and all will be lost eventually. The ages when permanent teeth grow in varies, but usually they appear shortly after each primary tooth is lost.

To keep your child's mouth and teeth healthy, it is important to establish good oral hygiene habits early. Kids who



eat foods that contain high amounts of sugar are more likely to develop tooth decay. Foods to stay away from, or to eat in moderation, are soda pop, fruit juice and fruit drinks, cookies, and candy. Chewy and hard candies are especially dangerous because of their tendency to stick to the gums and in between teeth. Flouride is also

important in the fight against tooth decay. Children who do not get enough flouride are more likely to get tooth decay, and when there is decay present in baby teeth, there's more chance for decay in permanent teeth.

So, make sure you child understands the importance of a healthy mouth early in life. It will make all the difference in their adult years.

"My Friend Needs Help. What Should I Do?"

Q: I have a friend who's been complaining of a toothache for weeks now. I'm really starting to get worried about him. I know his condition will only get worse if he doesn't see the dentist and get it taken care of. But he's scared to death of going to the dentist. How can I help?

A: You're right, your friend's condition will most likely worsen if he fails to seek professional help soon. It sounds like your friend has a case of dental phobia (also called "dental anxiety"). In short, this is a very real fear of going to a dentist and about 9-15% of Americans suffer from it. It may be the thought of pain, or the idea that the doctor will only offer bad news. Either way, it's a serious problem, but there are a few simple steps you can follow to help your friend along.

Firstly, dental phobia is like any other phobia - it's not going to be cured in the blink of an eye. It will take practice to overcome this fear. You can start by offering to visit the dentist with your friend. A supportive figure can help calm the nerves.

Also, sometimes the best thing to do is to schedule a consultation, that way your friend will know there won't be any tooth pulling or root canals happening that day; It's just to take a look at his situation. Once he's met the dentist and has been inside the office, chances are he'll feel more comfortable.

Help him change the "what if it hurts" thoughts to "I can't assume it'll hurt" thoughts. For every negative, try to answer with a positive. Be sure to ask the dentist about sleep dentistry and how that can help your friend relax, if he does in fact need treatment. It won't rid him of his phobia, but it most likely will help calm his nerves.

After the initial visit, it helps to reflect upon the good points of the experience. With every step forward, there will result a sense of self confidence. In other words, when you face your fears, a little at a time, it gets easier every step of the way. Make sure your friend knows this and that you're there to support him.

Remember not to be pushy about getting him to the dentist; Just help him along slowly. That's all you can do until he learns to overcome his phobia on his own.