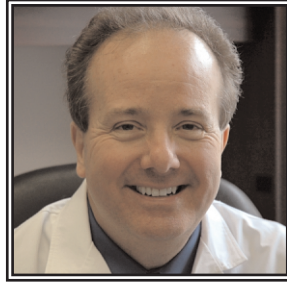


If I Can Do the Impossible, So Can You

By Dr. Allan J. Milewski, D.D.S.

On New Year's Eve I stayed up past midnight. PAST midnight. To many of you, this wouldn't be a big deal, but to those of you who join me as charter members of the Early to Bed Early to Rise Club, staying up past ten is unheard of. But a dear friend was getting married on New Year's Eve, and I was determined to enjoy every minute of the festivities. When the countdown to the New Year began, I was stunned to realize that I was still awake. And dancing. At MID-NIGHT. I had done the impossible.

As a dentist who has been practicing over 27 years, I know that sometimes, patients believe it to be impossible to have good



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dental health. They despair over problems they may be having, or maybe are embarrassed that it has been a few years since they have sought the care of a dentist. They don't think there is any way they can afford care. They see only the challenges of a healthy mouth and believe it to be out of reach.

But healthy teeth and gums can be possible. It all starts with small steps. Commit to brushing

at least twice a day with fluoridated toothpaste. Stop drinking pop. Floss every day. Find a dentist you feel comfortable with and develop an incremental plan. Most dentists offer financing plans to help you manage the cost of treatment. It can be done. We see it happen every day.

Make the impossible happen. Take the first step and visit a caring dentist and watch what happens. The possibilities are endless!

For more information on your Dental Health, contact Dr. Allan J. Milewski, D.D.S at (330) 725-2242 or visit him on the web at www.MedinaFamilyDentistry.com

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