

Keep
Smiling



Newsletter
Fall 2009

Medina Family Dentistry

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Dear,

This fall finds a big change at my house. Our youngest son has flown the coop, off to Good Times University, leaving my wife and I in a house that is unnaturally quiet. It took a while for us to get used to the change...less laundry, less grocery shopping, less stuff lying around. At first it seemed odd, but now it's not better, not worse, just different. A new version of normal.



I think that is what change is really about, adjusting to your new normal. As we manage these tricky waters of change, we tend to grasp onto what is constant in our life. I hope our dental office is one such constant for you and your family and that you remember that we are always here to help you in whatever way we can.

The article below talks about navigating changes in dentistry, and what we know to be true. Let me know what you think about the article, dental healthcare or the Ohio State Buckeyes. Hey, some things never change!

-Dr. Milewski and Brutus



Managing Your Dental Health in Uncertain Times

The Times They are a Changing! Boy, I remember back in the sixties when Peter Paul and Mary sang this song...it resonates again for us today as we face change

Dr. Milewski's Latest
Published Articles

Read Dr. Milewski's latest
article in the **Medina
Gazette**

coming at us at warp speed. At times like this, it is even more important to hold onto those things we know to be constant, those things we know to be true. What I know is dentistry and taking care of you, our patient.

Prevention is the key to a long and healthy life for your teeth. This means watching what you eat, avoiding those foods high in sugar and acid. It means brushing your teeth at least twice a day with fluoridated toothpaste. It means flossing, yes flossing, your teeth at least once a day. Every day, not sometimes, but every single day.

Regular checkups are an incredibly important part of the equation. A professional cleaning and exam at least twice a year helps to keep disease causing plaque from building up between your teeth and below your gumline. Sharing your health history and what changes you are encountering helps us anticipate potential problems. It also allows us to see what changes are happening in your mouth, identifying problems when they are small. Small problems are easier and less expensive to fix than big problems. Decay never gets smaller, only bigger. A filling on a tooth is less expensive than a crown. Plain and simple.

Affordable dental care is a must. We will do everything humanly possible to keep our costs down and help you find ways to make your dental care affordable. But we will never compromise the quality of our care for the almighty dollar. We will only provide one level of dentistry...the best quality care that allows you to have the highest quality dental health. We don't believe in gizmos and flashy technology unless, UNLESS it has a direct correlation to improving your health. Then we will be at the forefront of that technology, because your health is what matters most.

When it comes right down to it, I want you to know that I am here to help you traverse these difficult times. If you have questions or concerns, please feel free to contact our office and ask to speak to me or any of our staff. Together, we can face an uncertain future armed with knowledge and what we know to be true.



Email a question to Dr. Milewski and win movie tickets if your question is chosen. Be sure to indicate that your question is for the newsletter and click

"There's no Trick to Treating Yourself to Good Dental Health". Click [here](#) for the article.

You can also find Dr. Milewski's article in the **Medina Image Book Magazine** by clicking [here](#) and then scrolling down to Health and Wellness.

Welcome

**Welcome
to our
Newest Patients!**

Taylor, Jessica, Kim, Bradley, Matthew, Sandy, Allison, Daniel, Danny, Dylan, Jonathan, Danyel, Lori, Jeremiah,

Benjamin, Quintin, LaToya, Kevin, Amy, Emily, Erik, Lee, Vickie, Ashley, Lillian, Kelli, Hunter, Grant, Ray, Jack, Lisa,

Bruce, Judy, Jennifer Mary, Raymond, Theo, Michelle, Tequilla, Jessica, Michelle, Ralph, Edwin, Kevin, Marcus, Robert, and Dean

We are honored that you have you part of our dental family!

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Ask Dr. Milewski

Dear Dr. M,

My daughter's adult tooth is coming in behind her baby tooth. What should I do?

-Concerned Mom

Dear Mom,

It is not unusual for an adult tooth to come in behind a baby tooth. Encourage your child to wiggle the baby tooth, it will loosen and eventually come out. If it seems particularly stubborn, give us a call and we can look at it and quickly "encourage" it to come out. And remember...that baby tooth goes under a pillow so the Tooth Fairy will visit!

Dr Milewski



Let us Know What you Think.....

We would appreciate your feedback on our Keep Smiling Newsletter. Click Below to send us your comments....what you like, what you didn't like, something new you might want to see...we love to hear from our patients!

If there is anything you would like to tell us about how to improve our service, this is a great way to give us feedback. Emails go directly to Dr. Milewski, so please, let us know!

Email us your Feedback at newsletter@medinafamilydentistry.com or just [click here.](#)

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[More On Us](#)

Did You Know We Have A Blog?

Yes, click [here](#) to visit our blog! You just go to our website, MedinaFamilyDentistry.com and click on our blog.

Here, different staff members take a turn musing about what is going on in the world of dentistry. And yes, when it is Dr. Milewski's turn to write, you can expect some musings about Ohio State Football!

You may have noticed a new staff member in our office, Julie Farr.

Julie is a Certified Dental Assistant and joins our office after earning her Dental Assisting Degree from the Medina County Joint Vocational School. Julie is a lifelong resident of Medina County and brings a great, youthful perspective to our office.

A Special Medina Family Dentistry Welcome to Julie.

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