

Gently Focusing on One Patient
at a Time!

2009



THE OAKSDENTAL CENTER, LTD.

The Oaks Newsletter



From the Desk of Dr. Kumar

What a year 2009 has been so far! We have heard many different perspectives on this year from our patients; some rosy as ever and others' challenges, the year is quickly coming to an end. For me, it has been a year for reflection. I am grateful for family, health, work, home, and God's abundant graces.

It's been wonderful to be a part of our 7-year old daughter's life, to see her grow up. This year we got to visit our family and friends in



Mussoorie, India

India. It was quite refreshing to be in the foothills of the Himalayas.

Back in the US, I participated in the Crystal Lake half marathon. I

found that having a race such as this motivates me to train and be more accountable for my health. We, in the office, got inspired by a book entitled, "The Three Cups of Tea." We went to see the main character of the book give a talk and even got autographs. But in the end, this year was a time to cut the extras; from extra material things to extra stressors. I got involved more with the church and helped out with a retreat — it was like a spa for the soul.

The field of dentistry is always evolving. We are constantly looking for ways to improve patient treatment through innovative technology. Preventive treatment and least invasive procedures are always on the forefront for us. One exciting product we are researching is resin infiltration in small areas of decay on the sides of teeth. Rather than removing decay and tooth structure with

a "drill," if the lesion is caught early enough, we can chemically etch away the decay and infiltrate it with resin material, without taking away any tooth structure. Another example of improved treatment through innovative technology is endodontic files. We are able to clean and shape canals of teeth with much more efficiency because the files are very flexible and durable nickel-titanium that is twisted for optimal results. The other exciting innovation has been in porcelain technology. Crowns, bridges, and veneers have come a long way and can look very natural with greater strength than ever before. This year Emax porcelain restorations have truly surpassed their predecessors with life like chroma, hue, and shade. In addition to lasers that clean decay and gum tissues, to CAD/ CAM crown fabrication technology, the pace of innovation in dentistry is remarkable.



Please Join Us For Our 2009 Holiday Open House



You are invited to an evening of fun, food, and spirit.

Date: Thursday, December 10

Time: 6:00 — 8:00 pm

RSVP:

By December 4



A complimentary chair massage is also available on 'first-come, first-served' basis.



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We have new office hours:

- Monday : 7:00 am – 3:00 pm
- Tuesday: 7:00 am – 3:00 pm
- Wednesday: 11:00 am – 7:00 pm
- Thursday: 9:00 am – 4:00 pm
- Friday: 11:00 am–2:00 pm



Shelley seeks 'Pennies for Peace'



The Holiday Season and the nearing of the end of the year bring us to reflections on the past and a look to the future. In reflection, there have been many ups and downs for everyone I know, both personally and professionally. Throughout the year I have been enlightened and uplifted by simply being, sharing, caring, trusting and being trusted. These are the priceless gifts of life.

One highlight of my year was the profound affect of reading a book that I learned of through conversation at the office. So moved by the power of the true story, I visited the website to see whether there was ongoing action taking place. Much to my delight, there was. In fact, the author was scheduled to speak at Loyola University within a few weeks. Armed with my enthusiasm and knowing that they too had read the book, I recruited Rita and Dr. Kumar to attend the presentation and book

signing as well. The title of the book is "Three Cups of Tea".

"Three Cups of Tea" is a recounting of a humble man's accidental but profound mission to promote peace; one penny, one school, at a time. Our office is currently conducting a "Pennies for Peace Campaign" on behalf of Greg Mortenson's mission to build schools in remote, destitute regions of Pakistan and Afghanistan, especially for girls; thus providing opportunities for impoverished, uneducated children, rather than joining extremist's organizations. The schools are not political, not influenced by western religion, and must have community commitment before being built. Pennies which we toss aside, have much greater value there than here. Pennies collected by children in fact, were instrumental to the building of the first school which Mr.

Mortenson pledged to determined, school-less, teacher-less students. For further information visit www.penniesforpeace.org.

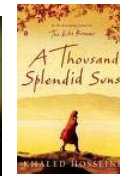


If you would like to contribute, we are collecting through December 5, 2009. We realize there are many worthy causes. Pennies are relatively easy for most of us to part with. Any pennies, you are willing to contribute will be much appreciated by an office full of women, thankful for opportunity and hopeful for peace and health rather than war.

I wish you Health, Peace and Happiness this Holiday Season and coming New Year.



Rita's Reading Reviews



Hi, everyone,

Glad we all survived "the summer that never showed!" Now we can move on and hope our fall and winter weather will not be too severe. It's been a tough year for all of us. We've all been affected by a depressed economy and the loss of jobs, even those of us that still have a job. It's difficult to watch family and friends going through stressful times. I didn't realize how deep the reach of all the "doom and gloom", until yesterday. While chatting with one of our adorable little patients, I asked him what Santa was going to bring him this year. He said "toys", and without missing a beat, he said, "It's going to be a hard Christmas this year, because there is a lot less money to spend." What a profound and sad statement for a three year old to make! I'm sure he doesn't quite understand what it all means, but from the expression on his face he comprehends that it's serious. I told him Christmas is about love and kindness, so give lots of hugs and kisses to those you love. They are free. Enjoy the spirit of the Holiday Season and remember "this too will pass."

For all you readers out there, I'd like to share two good books I recently read. Both

books were recommended by friends (mature high school classmates, emphasis on the mature).

My friend Sydnee insisted I take her book home and read it when I was out visiting her in Arizona. We had just finished discussing *The Kite Runner* and *A Thousand Splendid Suns* by Khaled Hosseini and I lamented that while these books were well written they were very bleak, and uninspiring. She thrust the book *Three Cups of Tea* by Greg Mortenson, into my hand and back to Crystal Lake I came to be inspired by this book. It is story of Greg Mortenson's journey to change the world one child at a time and to promote peace through education. It is an awesome true story. It is amazing what one person can accomplish with determination and perseverance. Truly the power of one!

I encouraged Shelley and Dr. Kumar to read this book and Shelley went on line and discovered Greg Mortenson was coming to speak at Loyola University. We went to hear him speak and waited to meet him for over an hour. He is remarkable in his passion to build schools for peace. I asked him how he has kept going

through all the adversity he has encountered. He wrote in my book, "When your heart speaks, take good notes."

My friend Sandy recommended I read *The Space Between Us* by Thrity Umrigar. It is the story of two women in modern day India. Sera is a wealthy Parsi woman and Bhima leaves the slum every morning to go work for Sera. Bhima has been a domestic servant in Sera's household for over twenty years and although they are bound by gender, have experienced many similar life mistreatments; they are still separated by blood and class. They share tea everyday, but Bhima has to squat on the floor (she's not allowed to sit on the furniture) and has to use her own cup and utensils. The story has some unexpected twists and turns. I found it very interesting. The major message I came away with is that we all need to count our blessings. There is always someone that has been dealt a tougher journey in life.

Merry Christmas everyone! I hope you take the time to enjoy your family and friends during this wonderful time of year. I want to thank all of you for your continued support during this difficult economic period.



Angela's Romanian Holiday

It is time again for another year to come to an end, and a new year to begin. 2009 flew by so quickly it is unreal to think back on all the events that occurred and all the blessings I've encountered. One of the bigger events in my year included a 3 week trip to Europe. I started in Serbia, visiting aunts, uncles, and cousins. Next, I made my way over to Romania and met up with my cousin from Chicago while she was visiting with her grandparents. I was baptized in a river by a castle in Honedoara, Romania. A really uplifting event. When it came time to go home, plans changed and I ended up in Serbia again. I missed my plane and ended up staying one extra week. In that time we took a 10 hour drive from Serbia, through Hungary to Ukraine and stayed for my cousin's wedding. A really fulfilling trip

in the month of July, while everyone was cold and rainy back here in the states. I hope everyone can look back on this year and be thankful that we are here, we're alive, and have so much to offer in the upcoming year. Happy holidays to all!



Follow us on  & 

and

- Stay on top of all news, events, and promotions.
- Participate in discussions
- Print coupons

Brenda's Breast Cancer Walk



It feels like just yesterday when I wrote my last year's input for the Oaks newsletter. Time flies by!

This past summer I took a journey of a lifetime. In August, my mom, my aunt, and myself undertook a 60 mile Susan K. Koman Breast Cancer Walk for the Cure. With a lot of hard training and support from many of you, family, and friends, I was able to accomplish this challenge. Thanks again to everyone who helped me make it possible.



Happy holidays and best wishes for a happy and prosperous New Year 2010.



Dealing with Dental Emergencies & Injuries

Bitten Lip or Tongue

Clean the area gently with a cloth and apply cold compresses to reduce any swelling. If the bleeding doesn't stop, go to a hospital emergency room immediately.

Broken Tooth

Rinse your mouth with warm water to clean the area. Use cold compresses on the area to keep any swelling down. Call our office immediately.

Knocked Out Tooth

Hold the tooth by the crown and rinse off the root of the tooth in water if it's dirty. Do not scrub it or remove any attached tissue fragments. If possible, gently insert and hold the tooth in its socket. If that isn't possible, put the tooth in a cup of milk and give our office a call as soon as possible. Remember to bring the tooth with you!

Toothache

Rinse your mouth with warm water to clean it out. Gently use dental floss or an interdental cleaner to ensure that there is no food or other debris caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth because it may burn the gum tissue. If the pain persists, contact our office.



Our Community Involvements



At **The Oaks Dental Center**, we believe in giving back to the community. This past year, we have volunteered our resources to such organizations as **Adult & Child Rehab Center**. We also participated in the National **Children's Dental Health Month** and **Give Kids a Smile** where we made presentations at various area schools and organized free dental clinics. Our office is participating in the **Pennies for Peace** program that helps build schools for children. We are also proud to support/sponsor the

following local organizations:

- **Crystal Lake Park District**
- **Crystal Lake Half Marathon**
- **Prairie Ridge High School Booster Club**
- **Woodstock Lightening** (travel baseball program)

Thank you all for supporting our 'Pennies for Peace'.



Our booth at the 2009 Crystal Lake Half Marathon



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For Better Service, Please Update Your Information

If any the information below has changed since your last visit to our office, please complete and mail/fax this page to us:

Personal Information

Name: _____

Address: _____

Phone: Home _____ Cell _____ Work _____

Email: _____ Individual/Family

Employer Information

Employer: _____

Address: _____

Insurance Information

Dental Insurance: _____

Address: _____

Group Name: _____

Phone: _____

Contact Name: _____