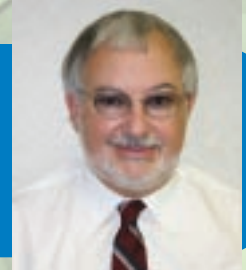




Dr. Joseph Uhrich, D.D.S.

# DRS. UHRICH & KAPLAN'S NEWSLETTER



Dr. Jordan Kaplan, D.D.S.

SUMMER 2009

From the office of  
Jordan Kaplan, D.D.S.  
& Joseph Uhrich,  
D.D.S.

Summer 2009



**Put on your  
summer  
smile!**

## Help us meet our goal

In this climate, the most difficult economic times in over 70 years, you may not be aware that this is the third year in a row that our office has not raised its fees.

Our goal is to reduce the number of statements we send out every month. We currently mail out almost 500 statements to our patients every month. Each statement must be reviewed by a staff member, hand-stuffed in an envelope with the return envelope enclosed, and postage attached. Postal rates have just increased again, and all the time spent preparing the statements for mailing is costly. You can help us with this cost so that we can continue to provide the quality of service you deserve and still keep our costs down.

How can you help us meet our goal? We ask that each of our patients pay their portion of our fee at the time the service is rendered. If you have insurance, we are happy to file your claims; our front-desk staff can inform you of your portion of the fee that is not covered by your insurance. Your payment of that portion while in the office for your dental visit eliminates the need to send a statement for this balance. In these tough economic times, we realize that it may be difficult to pay your portion immediately. However, paying at the time of service will ultimately save money for all of us.

*Thank you to all our patients who have been helping us in this goal already!*

*We're asking each of our patients to pay their portion of our fee while in the office for their dental visit, eliminating the need to send a statement for this balance.*



## Hygienists attend seminar



On March 29, 2009, our hygienists, **Maureen, Lydia,** and **Amy,** attended a continuing education seminar at the Tinley Park Holiday Inn Convention Center. The focus of the seminar was to increase our patients' awareness of better oral health and how it affects the health of the entire body. Everyone knows that when they are sitting in the hygienist's chair, they are going to be told to floss daily and brush more thoroughly. Although it may seem like we are constantly nagging you to floss, there is much more to it than simply a cleaner mouth. The speaker at the seminar emphasized the growing amount of research that is being done to prove the connection between poor oral hygiene and other diseases of the body. Some diseases with a link to unhealthy conditions in the mouth are cardiovascular disease, diabetes, elevated cholesterol, osteoporosis, and respiratory diseases. Poor oral hygiene has also been associated with preterm births among pregnant women. Because of the increased possibility of our patients having other illnesses because of not caring properly for their teeth, we are certainly going to continue to "nag" about flossing!

If you have questions or concerns about your oral hygiene contributing to other possible illnesses, or if you simply need some help perfecting your flossing technique, please ask your hygienist at your next visit. We care about you and want the "whole" you to be healthy!

**Thank you for all your referrals. We appreciate them!**

# CURRENT EVENTS



**Cady and Connor Comein**

**David and Robin Comein** welcomed a new baby, a girl, on January 12, 2009. Little **Cady Anne** was born at 10:30 a.m., weighing 7 pounds 10 ounces and measuring 19½ inches long. Cady's proud big brother is Connor (6 years old). Congratulations to the Comein family!

**Ronnie Zychowski**, the 14-year-old son of **Ron and Deanna Zychowski**, celebrated his confirmation on April 18, 2009, at Our Mother of Good Counsel Catholic Church in Homer Glen, Illinois. His grandmother, **Carol**, acted as his sponsor. Ronnie also graduated from eighth grade on May 29, 2009. He completed his grammar school education at Homer Junior High School and will attend Providence Catholic High School in the fall. Best wishes to you, Ronnie!



**Ronnie Zychowski and grandmother Carol**

On May 2, 2009, **Justin Zychowski** (age 9) made his First Holy Communion at Our Mother of Good Counsel Catholic Church in Homer Glen, Illinois. His mother, **Deanna**, one of our hygienists at College Drive Dental, said it was an incredibly busy springtime, but she is very proud of her boys and their accomplishments. Congratulations to all of the Zychowski family!



**Justin Zychowski**

**Kelliann Booth**, daughter of our hygienist, **Ann Booth**, graduated on May 8, 2009, from Illinois State University with a bachelor's in sociology. Congratulations, Kelliann!



**Amanda DeTratto**

**Amanda DeTratto** graduated from Andrew High School in Tinley Park, Illinois, on May 20, 2009. Amanda is the daughter of our receptionist, **Dina DeTratto**, and **Ernie DeTratto**. Amanda will be attending Moraine Valley Community College in the fall. Great job, Amanda!

**Emily Alvis**, the daughter of our dental assistant, **Sharon**, and her husband, **Rick Alvis**, graduated from Sandburg High School on May 21, 2009. Emily plans to study biological sciences at Illinois State University in Bloomington-Normal after the summer. Congratulations, Emily!



**Emily Alvis**

**Connie Roncone** retired from the McDonald's Corporation on May 29, 2009, after working for them for 20 years as a paralegal. A party was held in her honor on May 28 on the McDonald's campus in Oak Brook, Illinois. Connie is very excited about her retirement and already has three trips planned for the summer months! Enjoy your free time, Connie!

**Joanie Uhrich, Dr.** and **Cathy Uhrich's** daughter, graduated from Bradley University in Peoria, Illinois, in May 2009. Joanie earned a B.A. in psychology. Good luck, Joanie!

Dr. Uhrich's older daughter, **Liz Uhrich**, will graduate in June from St. Louis University as an endodontist (a root canal specialist). Liz is one of three dentists completing the endodontic program. Liz plans to move to South Carolina and practice where it is nice and warm! We are all very proud of you, Liz!

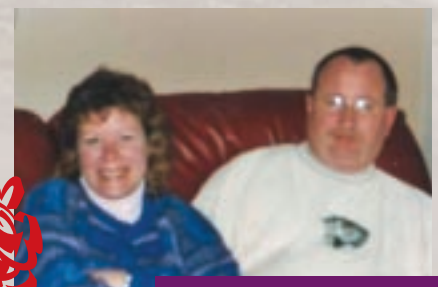


On June 13, 2009, **Ed and Rose Urbanczyk** will celebrate their 45th wedding anniversary. Their son and daughter-in-law, **John and Nan Urbanczyk**, will be married 20 years on October 7 of this year. They are all looking forward to a big celebration five years from now when they will be married 50 and 25 years, respectively!



**Ed and Rose Urbanczyk**

Congratulations to both Urbanczyk couples!



**John and Nan Urbanczyk**





# Kid's Page

## Your child's first dental visit



We are asked all the time, "At what age should I bring my child in for their first dental visit?" While we usually say age three is a good time for their first cleaning and exam, if you have any questions about their teeth, please bring them in at any age. If you have worries about the eruption of their first teeth or you see discolorations that you are concerned about, please call our office to schedule an appointment with **Dr. Kaplan** or **Dr. Urich**. Most likely, all that will need to take place is a simple conversation and explanation to put your mind at ease.

If your child is three years old, however, we suggest bringing them along with you at your next exam appointment. Getting them used to the dental office and all of the equipment before it is their turn to actually sit in the chair definitely helps them to feel confident and secure. At age three, we clean the teeth, apply a topical fluoride treatment, and examine the teeth for decay. After successfully completing their dental visit, they are given a new toothbrush, a helium balloon, and are allowed to pick a prize out of the treasure box. It is these little "surprises" that have children excited to come back in six months!

### Suggestions for a POSITIVE DENTAL VISIT:

1. Children tend to be most cooperative at an early-morning appointment or after a nap, when they are well rested.
2. Keep your own anxieties about the dentist to yourself. Use only positive language, such as "The dentist is going to help you keep your teeth nice and healthy" or "Your teeth are going to look so nice and clean when you are done!"
3. Do not use the visit to the dentist as a punishment or threat.



**Nathan (in orange) and Nicholas (in blue), both age 5, came in for their kindergarten exams.**

## DENTAL SEARCH-A-WORD

S	B	O	N	D	I	N	G	Z	T
V	W	M	K	E	P	O	C	B	X
J	X	L	Q	N	B	E	H	R	F
T	R	O	O	T	C	A	N	A	L
O	A	H	F	A	E	C	W	C	M
O	Y	Y	F	L	O	S	S	E	N
T	K	G	I	A	D	H	E	S	Q
H	R	I	C	S	T	C	W	H	N
P	E	E	E	S	U	A	T	B	O
A	S	N	M	I	G	E	U	Y	I
S	A	I	K	S	E	L	I	T	T
T	L	S	B	T	I	B	H	I	C
E	L	T	X	A	S	R	J	V	A
C	R	O	W	N	U	M	C	A	R
M	O	S	J	T	Z	V	U	C	T
N	A	L	P	A	K	R	D	G	X
G	N	I	L	L	I	F	L	M	E

Hygienist	Extraction	Bleach	Dental assistant
Dr. Kaplan	Filling	Crown	X-ray
Cavity	Gums	Toothpaste	Root canal
Bonding	Office	Smile	
Laser	Braces	Floss	

## Back-to-school exams

Yes, the kids are just getting out of school for the summer. And yes, the last thing they want to think about is going "back to school." However, we would just like to remind parents of the required State of Illinois dental exam for children entering kindergarten, second grade, and sixth grade.

If you have a child entering one of these grades, please call us to schedule an appointment. We promise we won't take too much of your time away from fun summertime activities! It is best to call early to schedule, as we get quite busy in August. We have copies of the school dental exam form if you have misplaced yours or if you forget to bring it with you to our office.

At **College Drive Dental**, we like to see a child every six months for a cleaning, fluoride treatment, and examination by the dentist. We feel that it is extremely important for children to have continuous dental care throughout childhood. If it has been over six months since your child has been in to see us, regardless of what grade they are entering, please set up an appointment with us to ensure that their teeth are in excellent shape. If your child has had a cleaning and exam within the past six months and they are at a grade level that requires an exam, please call us; we can mail a completed, signed form out to you. Thank you for caring for our young patients and their dental health.

**College Drive Dental Associates, Ltd.**

7550 College Drive  
Palos Heights, IL 60463

*Here's your dental newsletter!*

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The information included in this newsletter is not intended as a substitute for dental advice. For your specific situation, please consult our office.

## Another “staycation” idea...

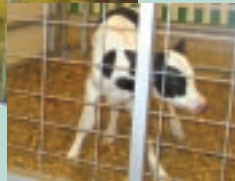
*By Amy Farrell*

In our last newsletter, our readers gave some suggestions of local places to go for a fun day with the family. I would like to add another idea.

My children (ages 10, 7, and 3) and I went to “Fair Oaks Farms” in Fair Oaks, Indiana, over spring break. It is an operating dairy farm that is home to 30,000 cows. The farm offers a 45-minute bus tour which shows where the cows live, how they are cared for, and how they are milked. Other attractions are the 4D movie and “Mooville,” an interactive play area for kids.

But the most exciting event for us was witnessing a baby calf being born in the birthing barn. Fair Oaks Farms boasts that 80 calves are born there daily, so you are bound to be there when a new baby arrives! There is a dairy store there that sells a variety of cheeses, milk, and ice cream (the ice cream was delicious!).

It was an educational as well as a fun day for us. We think you might like it, too! Their Web site is [www.fofarms.com](http://www.fofarms.com).



### College Drive Dental Associates, Ltd.

**Jordan Kaplan, D.D.S.**

**Joseph Uhrich, D.D.S.**

7550 College Drive  
Palos Heights, IL 60463

#### Office Hours

Monday & Tuesday 8:00 a.m.-8:00 p.m.  
Wednesday 8:30 a.m.-5:00 p.m.  
Thursday 9:00 a.m.-5:00 p.m.  
Friday Closed  
Saturday 8:00 a.m.-Noon

#### Appointment and Emergency Phone:

**(708) 361-4626**

**Dr. Jordan Kaplan** .....Dentist

**Dr. Joseph Uhrich** .....Dentist

**Maureen** .....Dental Hygienist/  
Office Manager

**Sharon** .....Dental Assistant/  
Office Manager

**Amy** .....Dental Hygienist

**Ann** .....Dental Hygienist

**Deanna** .....Dental Hygienist

**Lydia** .....Dental Hygienist

**Dina** .....Receptionist

**Marie** .....Dental Assistant

**Martha** .....Dental Assistant

**Georgie** .....Dental Assistant

**Marissa** .....Office Assistant

**Joanie** .....Office Assistant

**Briana** .....Office Assistant

## SPORTS MOUTHGUARDS

**Dr. Kaplan** and **Dr. Uhrich** recommend that all athletes in competitive, contact sports wear a mouthguard to protect their teeth from injury. For older kids who have all of their permanent teeth, or have worn braces, it is important to have a custom-made mouthguard to prevent any tooth loss or serious injury.

We can fabricate a mouthguard to fit your child’s teeth here at **College Drive Dental** for a nominal fee. Younger children who are not involved in sports at an extremely physical level, and are still growing at a fast rate, may benefit from a store-bought mouthguard that can be shaped to fit their teeth.

If you are not sure which type of mouthguard would be best-suited for your child, please call our office; we will gladly help you. The simple act of wearing a mouthguard can save your child’s teeth, which need to last a lifetime.