

Thank you for all your referrals. We appreciate them!



Dr. Joseph Uhrich, D.D.S.

DRS. UHRICH & KAPLAN'S NEWSLETTER

SPRING 2010



Dr. Jordan Kaplan, D.D.S.

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

Spring 2010

Panoramic x-rays

When you come into the office for an appointment, you may be surprised to hear us say that you need a "panoramic x-ray." We are recommending that patients who are new to our office, or have been longtime patients and have not had this type of x-ray within the last three to five years, have panoramic x-rays taken. There are several reasons why **Dr. Kaplan** and **Dr. Uhrich** recommend this dental screening. First, the dentists would like to obtain baseline data for long-term dental health. Having a previous panoramic x-ray provides us with something to compare to in case a dental problem should arise. Second, this type of x-ray shows a much wider area than intraoral films, showing structures out of their range. Panoramic x-rays show the sinuses, temporomandibular joints, position of wisdom teeth, impacted teeth, and pathological structures, such as bony tumors or cysts.

Dr. Kaplan and Dr. Uhrich feel that this type of x-ray is necessary to provide complete examinations for their patients. Insurance companies feel that it is important, too, as most cover this service every three to five years. The best part is that it is quick and easy. The amount of time required is about three minutes, from positioning the patient in the panoramic machine until the digital image appears on the computer screen. Diagnosis from a panoramic x-ray is immediate; no waiting time is required. You may be told at your next dental visit that you are due for an updated panoramic x-ray. We provide this service to give our patients the best possible dental care.

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.....



As mentioned in previous newsletters, we are trying to obtain our patients' e-mail addresses. If you wish to have your quarterly newsletter e-mailed to you rather than delivered through the mail, please make sure we have a current e-mail address and that we are aware of your preference. Please call us at (708) 361-4626, or let the front desk staff know while you are at the office.

Patients' pictures

We are still taking our patients' photos for their files in our computer system. We have managed to capture many smiles for our records, but still have several patients who have slipped out without saying "cheese!" If we have not already taken your picture, please allow us to do so at your next visit. Thank you!

SMILE!

Current Events

David and Lupe Gonzalez welcomed their first grandchild. Little Alyssa Ann was born to their son and daughter-in-law, **David Jr. and Lauren Gonzalez**, on August 11, 2009. Alyssa weighed 6 pounds 3 ounces and was 18½ inches long. *Congratulations to the Gonzalez family!*



Aiden Lawrence Anich

Our receptionist, **Marie Anich**, and her husband, **Larry**, have a new grandson! **Aiden Lawrence Anich** was born on November 24, 2009, at 4:29 a.m. The proud first-time parents are **Steven Anich** and **Yesenia Escamilla**. Little Aiden arrived approximately eight weeks early at 4 pounds and 16¼ inches. He came home from the hospital on January 17, 2010. He is welcomed by **Aunt Marissa Anich** and **Uncle Jay Anich**. *Congratulations to all of you on such a wonderful blessing!*

Antonio and Leticia Madrigal had a baby boy, **Antonio Jr.**, on December 17, 2009. He arrived at 10:40 a.m. weighing 8 pounds 13 ounces, and measuring 20 inches long. He is welcomed by big sister **Diana** (12). *Congratulations!*

Allow us to brag...

So often our patients ask our staff about our children. We are so proud of all of them, so please allow us to brag a little and share all of their activities and accomplishments.



Amy's son, Brendan (11), is playing first base for the Mokena Thunder 11-year-old travel baseball team. He has been practicing twice a week since January for the upcoming season. **Nicholas** (8) is in second grade and got straight A's on his last report card. He takes piano lessons and had the opportunity to play Christmas carols for his class in December. And **Katie** (4) goes to preschool two days a week. She just learned how to tie her shoes and is quickly picking up some simple reading.



*Amy's sons—
Brendan (top)
Nicholas (middle and bottom)*

Milt and Janet Nichols and their family shared a special Christmas celebration together this past December. The photo to commemorate the occasion shows their two sons, **Tom and Jeff**; Tom's wife, **Carla**; and their two granddaughters, **Katie and Maggie**. *What a beautiful family picture!*



Nichols family Christmas

Erica Sandberg married **Andrew Meyer** on December 5, 2009. The ceremony was held at Our Lady of Mercy Church in Aurora, Illinois, followed by a reception at the Hotel Arista in Naperville, Illinois. The happy couple honeymooned in the Maldives in the Indian Ocean for two weeks. *Best wishes, Erica and Andrew!*

❁ If you have a special event in your life, such as a milestone birthday, anniversary, wedding, graduation, or new baby, that you would like us to announce in an upcoming newsletter, please contact **Amy** at (708) 361-4626.

We would be glad to share it with our readers!

Dina's daughter, **Amanda** (18), is going to Moraine Valley Community College, studying to be a counselor. She works part-time at Bananas Restaurant in Tinley Park. Dina's son, **Eric** (29), is busy planning his September wedding to his fiancée, **Katie**.

Maureen's son, **David** (18), is a senior at Providence Catholic High School. He is busy preparing for college next year at Lewis University in Romeoville, Illinois. He runs track for Providence. **Scott** (14) is in eighth grade at Cardinal Joseph Bernadin School. He is a member of the National Junior Honor Society and just recently helped load food onto trucks for the Chicago Food Depository as a service project. He also plays basketball for CJB.

Deanna's son, **Ronny** (14), is a freshman at Providence Catholic High School. He played soccer in the fall of 2009 and hopes to play football this coming fall. **Justin** (9) is in fourth grade and has gotten excellent grades. He enjoys football and hopes to continue in the sport. He is working towards a football scholarship!

Martha's daughter, **Crystal** (21), is in her junior year at U.I.C. She is taking psychology and gender-studies courses. **Jacqueline** (18) is working at Buffalo Wild Wings. Martha's youngest daughter, **Stephanie** (15), is a sophomore at Eisenhower High School. Her hobby is baking, and she loves to make cakes, cookies, brownies, and cupcakes for family and friends.

One of our interesting patients...

Vanessa Vargas, Artist

A longtime patient of Dr. Uhrich's, **Vanessa Vargas** has had much success as an artist. She is a member of the Chicago Artists Coalition (CAC) and has had many showings of her work in the Chicagoland area. The most recent was at the FIAA Gallery in the Flat Iron Arts Building in Wicker Park at 1579 N. Milwaukee Avenue. Two of her paintings were on display there from February 5 until February 27, 2010. These pieces were inspired by the city, and Vanessa describes them in this way:

"I categorize my work as urban. It is inspired by the city and uses its prism as a unique way for us to experience and interpret the human condition—at a symbolic level. I do this by creating puzzles that juxtapose words that speak to the human condition with materials and themes that we generally associate with a modern city—steel, glass, traffic, decay, and permanence."

Vanessa will have a piece on exhibit at the Coalition Gallery, also in Wicker Park, at 2010 W. Pierce Street in July and August. Vanessa says, "Chicago is such a rich city, and the art scene is really fun to explore. Do something different on a weekend and come out and simply enjoy!"



If you wish to learn more about Vanessa's artwork, or find out about an upcoming show, her Web site is vanessavargas.com.



Scott (Maureen's son) and friends lend a helping hand at the Chicago Food Depository.



Frequently asked question



*"Why do I need to come back in three to four months?
My insurance only covers two cleanings per year."*

Often our hygienists recommend that patients come in more frequently than every six months. Patients who suffer from periodontal disease, a chronic bacterial infection, need to come in every three months. Periodontal disease affects the gums and bone support of the teeth. Periodontal "pockets," or spaces between the teeth and the gums, when deeper than 4 mm are quite difficult, if not impossible, to clean with normal brushing and flossing. Therefore, a hygienist needs to use special instruments to thoroughly clean the periodontal pockets and root surfaces. At these three-month visits, the hygienist removes bacterial toxins to help prevent further bone loss. If the progression of periodontal disease is not stopped, eventual tooth loss will occur.

We know that many dental insurance companies only cover a dental cleaning every six months. However, someone who is diagnosed with periodontal disease would not be properly treated if seen in the dental office only twice a year. It is our goal to give you the best possible dental care and help you keep your teeth for a lifetime. If we recommend more frequent cleanings, we are doing so in your best interest. We will gladly check into your dental insurance benefits and answer any questions you may have.

College Drive Dental Associates, Ltd.

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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.

Our featured RECIPES

Buffalo Chicken Dip

Contributed by
Sheryl Beekman-Sedlack

2 cans diced chicken, or 2 cups
of any cooked chicken
12 oz. bottle buffalo wing sauce
(Frank's or Sweet Baby Ray's)
2 packages (8 oz.) cream cheese
16 oz. bottle ranch dressing
8 oz. shredded cheddar cheese
Celery and tortilla chips

Melt together cream cheese and
ranch dressing. Then add wing sauce,
chicken, and cheddar cheese. Melt
together, then put into a 9 x 13 pan
and bake at 350 degrees for 20
minutes. Serve with celery and chips.
Enjoy!

Caramel Corn

Contributed by
Sheryl Beekman-Sedlack

1 cup butter
2 cups brown sugar
½ cup light corn syrup
1 tsp. salt
½ tsp. baking soda
1 tsp. vanilla
6 quarts (2 bags of microwave)
popped popcorn

Preheat oven to 250 degrees. Remove
unpopped kernels from popped popcorn and
place popcorn into large baking pan. In a
saucepan, melt butter over medium heat,
then add brown sugar and corn syrup and
bring mixture to a boil, stirring constantly.
Lower heat and gently boil for 5 minutes,
continuing to stir often. Remove from heat,
and stir in vanilla, salt, and soda. After stirring
well, spread caramel mixture over the
popcorn and stir to coat evenly. Bake for
1 hour, stirring every 15 minutes. Stir gently
while cooling to separate caramel corn.

College Drive Dental Associates, Ltd.

Jordan Kaplan, D.D.S.

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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

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DeannaDental Hygienist

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