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The Donnelly Chronicle

FALL EDITION

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SPECIAL POINTS OF INTEREST:

- Contest Winners
- Upcoming Events
- Periodontal Disease
- Quirky Dates for your calendar
- Dr. Donnelly—how well do you know your dentist?
- Health Tips for you and your family
- Toys for Tots

QUIRKY DATES FOR YOUR CALENDAR

Grandparents Day	9/9
Patriots Day	9/11
Anniversary of Scooby Doo 1969	9/13
Eat an Apple Day	9/15
Good Neighbor Day	9/23
Shamu's Bday 1985	9/26
National Love Note Day	9/28

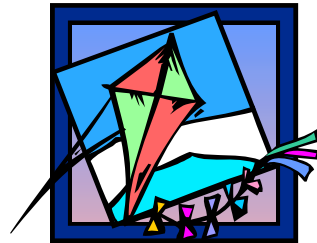
Contest Winners Are Flying High

We have had three great contests and giveaways this year since May. Our first winner was Kirsten Lauth who won the kite contest with a guess of 153 feet and 3 inches. The actual length was 154 feet and 10 inches. Congratulations, Kirsten.

The second winner was Mary Ann Brazelton who won the Blossom Picnic Basket and tickets for the Cleveland Orchestra. Her name was drawn the end of June, Congrats, Mary Ann!

Our most recent giveaway was a back to school crate filled with fun items to get anyone ready for school to begin. Our winner in August was Erin Gibbons. Best of luck for a great school year to Erin and all our students!

We hope these promotions are as much fun for you as they are for us. There are still a few surprises ahead and we are raffling off an I-pod before the end of the year. Stay tuned



Visit us online now at www.dramandadonnelly.com for more information about our office.

Upcoming Events:

- Sept 29th Woodridge Home Days: Stop by our Table
- Halloween Silliness in the office Oct 29 -31
- Toys for Tots drive in November and December : more details to follow
- Christmas Celebration Dec 17-20th

Periodontal Disease: Are You Aware?

Periodontal disease is an infection of the tissues that support your teeth. There are two major stages of periodontal disease: **gingivitis** which is the reversible form of the disease which only affects the gums and **periodontitis** which is far more severe and can lead to loss of teeth. Periodontal diseases attack just below the gum line in the sulcus (the shallow v-shaped crevice between the tooth and gums) and causes the supporting tissues to break down. As the tissues are damaged, the sulcus develops into a pocket. The greater the depth of the pocket, the more destructive the disease can be. **It is possible to have periodontal disease and have no warning signs.** That is one reason that regular dental

exams are so important. Good oral hygiene is essential to help keep periodontal disease from becoming far more serious.

Factors that increase the risk of developing periodontal disease are:

- Smoking
- Crooked teeth
- Bridges that no longer fit properly
- Use of oral contraceptives, steroids or cancer - therapy drugs
- Diabetes
- Pregnancy

cont'd

Periodontal Disease Cont'd ...



Did you know it is possible to have periodontal disease and have NO warning signs?

- Poor nutrition
- Down's Syndrome
- High levels of stress

As many as 15% of adults between the ages of 21 and 50 are affected by periodontal disease..

What are some of the **warning signs?**

- Gums that bleed easily
- Red, tender or swollen gums
- Gums that have pulled away from teeth
- Persistent bad breath or bad taste
- Permanent teeth that are loose

- Tooth sensitivity
- Changes in your bite

Recent studies have demonstrated that untreated periodontal disease increases your risk of developing other health problems such as high blood pressure, stroke, diabetes and Alzheimer's Disease.

Do not ignore the warning signs and remember that regular check ups and good oral hygiene will prevent periodontal disease from affecting you. Be sure to brush, floss, drink plenty of water, and eat a balanced diet in addition to your routine dental care for a lifetime of healthy smiles.

Coming up in November of this year

TOYS for TOTS Drive

This year in November and December our office will be a local collection point for the hugely successful Toys for Tots campaign sponsored by the U.S. Marine Corps. We will be kicking off our drive immediately following Thanksgiving on Monday, November 26th and continuing into the month of December. Please be thinking

about joining us for a joyful time of giving to those who are less fortunate. More details to follow in the coming months.



"Please join us in our Toys for Tots campaign. It's the most wonderful time of the year for giving of ourselves and spreading joy to others"

-Dr. Donnelly

Dr. Donnelly and her family enjoying a day off.



How well do you know your

Dr. Donnelly grew up in a small town in Southern Ohio. She came to this area when she attended Kent State University for her undergraduate studies.

She went on to attend Temple University to earn her Doctor of Dental Medicine Degree. After graduation in 2000, she decided against settling down in a practice in favor of serving as an

officer in the United States

Navy Dental Corps. She considers it a great honor and a privilege to have served our country in providing dental care to our brave personnel in the Navy and Marine Corps. During her naval training, she worked closely with specialists in the fields of oral surgery, endodontics, periodontics and prosthetics. She earned a degree in Advanced Education in General Dentistry. After her tour of active duty, she returned to Ohio to set up prac-

-American Dental Association

Family Health Tips

FAMILY HEALTH TIPS

* Hard Facts about Soft Drinks*

1. Regular soda contains approximately 10 teaspoons of sugar per can.
2. Acid in soft drinks (diet too) is a leading cause of tooth decay.
3. Soft drink consumption has been

tice and make her nest here with her husband, Sean. In January 2004, Dr. Donnelly acquired a dental practice in Cuyahoga Falls. She is an active member in the American Academy of Cosmetic Dentistry, the American Dental Association, and the Academy of General Dentistry. She enjoys spending her free time with Sean and their three daughters.