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The Donnelly Chronicle

SPRING EDITION

APRIL 2008

SPECIAL POINTS OF INTEREST:

- Office Updates and Contest Winners
- Decide to QUIT smoking today!
- Quirky Dates for your calendar
- Mimi's Feature Article in January 2008
- Ask Dr. Donnelly—some common questions are answered
- Health Tips for you and your family

QUIRKY DATES FOR YOUR CALENDAR

35 year anniversary of the first cell phone call in 1973	4/3
Leonarda da Vinci's 555th birthday	4/15
McDonalds 1st restaurant opens in CA in 1940	5/15
Marilyn Monroe's Bday (81)	6/1
Princess Diana's Bday (46)	7/1
Disneyland opened in Anaheim, CA 1955	7/17
Anniversary of the world wide web 1991	8/6

OFFICE UPDATES AND CONTEST WINNERS

This year we are off to a smashing start. We have broken a record for new patients seen in one month. In January we saw **47 new patients**. Thank you for continuing to tell your friends and work associates about us.

Thanks to our patients and the 2500 visitors who stopped by our table to say hello at the Community Expo on March 22nd at the CF Natatorium. We had hourly drawings for kids' SpinBrushes and other great giveaways.

We have had three more great in-office promotions since our last newsletter was published. In November **Ryan Shay** was the lucky I-pod Nano winner. We also gave each patient an ornament from our Christmas tree during the month

of December. In February we drew **Mary Ann Sawder's** name to receive a Feb-YOU-ary gift basket custom made just for her with some of her favorite things.

The kite contest which began in March ends on April 15th at which time we will reveal the winner whose guess comes the closest to the actual length of the kite tail. They will take home the kite from our second annual kite contest.

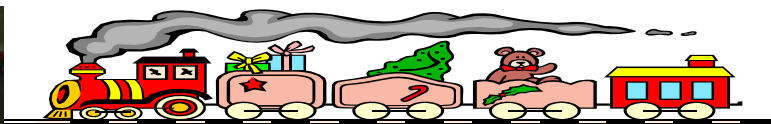
There are more fun contests in the months to come...Stay tuned.

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

Upcoming Events:

- **Spring Cleaning!** Enter to WIN a Sonicare Toothbrush. Patients seen between April 16th-May 29th are eligible.
- June through August we will give away a gas card and Aeros tickets. Schedule your overdue appts.
- Sept. 27th is the Road Runner Akron Marathon. Come out and cheer on Dr. Donnelly's team of runners.

Toys for Tots Drive a HUGE Success



This past November we kicked off our first annual **Toys for Tots** Drive to benefit needy children in the area. It was such a huge success that we are already excited for our 2008 campaign. Thank you from all of us for YOUR generous donations of toys and monetary gifts to give these children something special at Christmas time. Dr. Donnelly donated two bicycles for a lucky boy and girl. Our patients filled up two enormous boxes with wonderful toys, games and stuffed animals. The toys were overflowing and we were never more proud of our patients and this great community. Thank you for sharing the joy at the holidays and demonstrating such human kindness, compassion and generosity.

A SPECIAL NOTE OF THANKS TO THE MARSHALLVILLE FIRE DEPARTMENT FOR THEIR AMAZING DONATION OF TOYS FOR OUR TOYS FOR TOTS DRIVE.

Today is a great day to quit smoking!



How do I quit smoking?

Call 1-800-QUITNOW

SOMETHING TO SMILE ABOUT...

“All the statistics in the world cannot measure the warmth of a smile.”

-Chris Hart

“A smile is a curve that sets everything straight.”

-Phyllis Diller

“Wrinkles should merely indicate where smiles have been.”

-Mark Twain



Most of us know the general health risks that are involved with smoking cigarettes and cigars. We typically think about the risk to our lungs but little is said about the mouth. What effects can smoking have on my oral health?

- Oral cancer
- Periodontal disease—a leading cause of tooth loss and sensitivity
- Bad breath
- Stained teeth and tongue
- Diminished sense of taste and smell

What about smokeless tobacco? Smokeless tobacco offers no less health risks and actually increases the

risk for tooth decay as sugar is often added to enhance the flavor of the tobacco. It also contains sand which can wear down the teeth. It also contains toxins known to cause cancer. At least 28 cancer-causing chemicals have been identified in smokeless tobacco.

How do I quit? Set a date and stick to it. Enlist the support of family, friends, and co-workers. Remove tobacco products from your surroundings. Exercise to help you feel better about yourself and your decision to quit smoking. Have a plan to deal with the temptations and the problems that may arise along the way.

Call 1-800-QUITNOW for help.

-Information provided by the American Dental Association. Go to ADA.org for more information.

Dr. Donnelly featured in Local Newspaper

In January, Dr. Donnelly's office was featured in the popular magazine Mimi Vanderhaven's Fabulous Buys. If you have not yet seen the article, please go online to MimiVanderhaven.com and check it out. The article highlighted the office staff and some of the dental amenities that Dr. D. has to offer her patients such as the CEREC. We have made some great new friends as a result. We also will continue to advertise in this publication so be sure to check it out.



(L-R) Laura, Dr. Donnelly, Rhonda and Lora

Family Health Tips :

Is your teen asking about oral piercing? We have some important information for you. There are many risks including heart problems, impaired speech, permanent numbness of the tongue, erosion of the teeth and gums, and infection. Please stop by the office to pick up a pamphlet on the risks if you know someone looking for more information.

ASK DR. DONNELLY

You asked the questions and Dr. Donnelly has given the answers. We thought we would share the answers with all of our patients.

1. What is the difference between a D.D.S. and a D.M.D. degree? *“The difference is simply semantics. There is no difference in philosophy or training. The D.D.S. degree is a doctor of dental surgery and the D.M.D. is a doctor of dental medicine. The Case Dental School is now awarding D.M.D. degrees to graduates. It will become a more popular title in the very near future.*
2. In addition to brushing and flossing what else do you recommend for good oral health? *“Limit intake of soda and sugared drinks such as Gatorade, vitamin water and tea. More children and teens are drinking these beverages as opposed to milk and water. As a result, we are seeing a resurgence in tooth decay.*

- Dr. Amanda Donnelly, D.M.D.