



GREEN HILLS DENTISTRY

FAMILY • COSMETIC • SLEEP SOLUTIONS

We wish you and your family a very Happy and Healthy New Year!

We want to thank you for your trust, care, and friendship this past year. Thank you for being part of our family, for your kind reviews, and for inviting

your own friends and family to join our practice. It is a pleasure to go to work, knowing that we will be surrounded by friends. Here's to a great 2013!



Crowns in One Visit

2013 will be another year to smile about. We have made some significant investments in advanced technology to help us continue to provide you with the best care that dentistry has to offer. You can now have beautiful porcelain crowns in a single visit! No more temporary crowns, impressions, or repeat visits. Dr. Forgosh uses computer technology to personally design and mill precision fit restorations that rival the beauty and strength of natural enamel.

In addition, we now have an alternative to the rubber dam which lets us work more quickly, comfortably, and accurately.



We care about you!

This past year saw one of the worst storms in history. While we were spared the brunt of Superstorm Sandy, we all felt her effects. The widespread power outages brought to light how important communication is to our daily lives. We realized the value of having multiple ways to reach out to our friends, family and patients. Email, text messages, and even Facebook turned out to be the best means of communication during this storm. But we can only reach out to you if we have your up-to-date information.



We have also found that the patients who have elected to be contacted via text and email love the convenience and extra reminders of upcoming appointments. There are many ways to get in touch with us: Phone: 610.395.0980; Email: info@ghdentistry.com; or Like Us on Facebook by scanning this qrafter code (left) with your smartphone's qrafter code app.

We are so committed to communication that we are promoting it with a contest to

WIN AN IPAD MINI!

Three easy ways to enter:

1. Email us your contact info@ghdentistry.com
2. Like us on Facebook
3. Refer a patient and get entered in **TWICE!**

Drawing will be held on March 1, 2013!



Is snoring keeping you up at night? We can help!

SEE REVERSE SIDE FOR MORE INFORMATION

Snoring may be a sign of Obstructive Sleep Apnea (OSA)

What is Obstructive Sleep Apnea (OSA)?

- OSA is a breathing disorder that causes your airway to be temporarily obstructed while you sleep, preventing you from being able to breathe.
- Episodes of oxygen deprivation can repeat themselves hundreds of times each night.
- OSA can be a contributing factor to a host of serious medical problems from cardiovascular disease to diabetes.

How do I know if I have OSA?

- Do you have difficulty staying awake during the day?
- Do you wake up tired?
- Do you have difficulty concentrating for long periods of time?
- Does your snoring keep your partner awake at night?

If you answered yes to these questions, speak to your physician about a sleep study right away. This is the only way to definitively diagnose Obstructive Sleep Apnea.

How is OSA treated?

The most common treatment for OSA is Continuous Positive Airway Pressure (CPAP). Unfortunately, many patients find it difficult to sleep with the cumbersome mask and tubing of this device. For these patients, there is an FDA approved alternative called a Mandibular Advancement Splint (MAS).



Dr. Forgosh is specially trained to design this custom oral appliance, that opens your airway by positioning your lower jaw slightly forward, giving you the freedom to breathe.

If you suspect you may have sleep apnea, please contact your physician. However, if you have already been diagnosed with OSA and find CPAP uncomfortable, call us to find out how we can help you get the restful sleep you need.



Giving Back

Our second annual collection for the Lowhill Township food bank was a tremendous success. Thanks to your generosity, we were able to deliver a van FULL of non-perishable foods, household goods, and personal care items for distribution to our neighbors in need.

Our staff took this idea of giving back to the community and ran with it. Aside from organizing our food drive, they asked me to sponsor several “dress down days”, where they donated money in exchange for wearing street clothes to work. The practice matched their donations and we used the proceeds to benefit families in both Lowhill Township, and the Emmaus food bank. I could not be more proud of their efforts, and I look forward to this being a long standing mission for our practice.

Where’s Dr. Karl?

Since his retirement, we are often asked about how Dr. Karl is doing, and where he is. It’s like the old “Where’s Waldo” game. Can’t you picture him at the start of some marathon wearing a floppy red and white striped hat with a pom-pom on top? The trick to finding him is to look for his smile!

Dr. Karl is doing well and has found no lack of activity to fill his days. He and Sara spent much of the summer running, biking, kayaking, and eating their way across Southern Maine. If you look carefully for him, you may spot him at the gym, riding his bike, or even in our office doing exams for Mary and Keshua from time to time when Dr. Forgosh has to be out of town.

Thank You

For more information, check out our website www.ghdentistry.com or Like Us on Facebook!