



GREEN HILLS DENTISTRY

FAMILY • COSMETIC • SLEEP SOLUTIONS

In Office Sleep Apnea Seminar, November 14, 2013



Please join us at our office, on November 14th at 6:30 p.m., for an informational seminar on the risks and treatment of Obstructive Sleep Apnea (OSA). We will welcome Stephanie Betz, Director of Lehigh Valley Hospital's Sleep Lab, who will present information on the signs and symptoms of sleep apnea. She will also discuss the protocol for both in-lab and at-home sleep studies for accurate diagnosis.

This seminar is open to any patient who would like to learn more about the risks of OSA and the effective options available for treatment, including CPAP and Oral Appliance Therapy offered through our practice. Please feel free to bring your spouse or a friend who may benefit from more information about OSA.

Light refreshments will be served.

Limited space is available.

RSVP to Sharon: 610-395-0980 or info@ghdentistry.com

Schedule Change

Our office will be closed from Wednesday,

December 25, 2013

through

January 1, 2014.

The office will return to regular the schedule

Tuesday, January 2, 2014.

As always, Dr. Forgosh can be reached for dental emergencies by calling the emergency phone number found on our office answering machine.

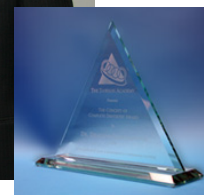
New Dawson Academy Graduate

After four years of dedicated effort, Dr. Forgosh has recently completed his advanced training with the world-renowned Dawson Academy. Dr. Dawson, long considered the finest dentist in the world, is a pioneer in the study of functional occlusion. He has

spent his career helping good dentists become masters by sharing his understanding of how the teeth, jaw, joints, and muscles work together in harmony. Having the opportunity to study with Dr. Dawson and the senior faculty at the Dawson Academy

has given Dr. Forgosh a rare understanding of how to best treat his patients as a true physician of the mouth.

Being an alumnus of the Dawson Academy places Dr. Forgosh among a small group of dentists from around the world who have committed a considerable amount of time and effort to complete the rigorous curriculum. Dr. Forgosh has been asked to lead a regional Dawson Academy Study Club. In this role, he will be able to help teach and mentor other dentists in the concepts of Complete Dentistry.



Halloween Candy...Trick or Treat?

Halloween is coming, and with it comes piles of sticky, sugary treats. We know that sugar causes cavities by feeding the bacteria in our mouths which turn sugar into the acids that break down tooth structure. Sugary foods that stay in contact with our teeth for extended periods of time generate the most acid and do the most damage. Here are a few ideas to limit risk while still enjoying the fun of the holiday.

Healthy snack options may not make you the most popular house on the trick or treat route, but you don't have to worry about having rotten eggs thrown at your house for giving out floss and toothpaste either. Remember that the real problem comes from sugar that sticks to your teeth. So avoid anything with the word "gummy" on the label. If you aren't going to give out apples, opt for chocolate bars instead. Chocolate clears quickly from your teeth and does not cause a high risk for cavities. In fact, as far as we're concerned chocolate is better for your teeth than raisins!

Another great idea is The Switch Witch. This novel concept lets your kids have some Halloween treats without going over the top. After trick or treat, have your children select five of their favorite treats, then place the remaining candy on the front porch for the Switch Witch. She will take the candy and leave a treat (a toy or gift they have been asking for) in its place.



Giving Back

Thank you for your generosity

Each year when we carry out our "Giving Back" campaigns, I am humbled by the generosity of our patients and staff.

I want to personally thank each of you who contributed to our family in need this summer.

You helped us raise over a thousand dollars, and a carload full of home supplies for a local family struggling with a life changing medical diagnosis and unimaginable hardships.

Your generosity is inspiring.

We feel like the winners of the Reviews and Referrals Contest

We appreciate all your kind reviews and responses to our survey emails. We think you are great too. As you know, we rely on you, our patients, to recommend us to your friends and family to continue to grow our practice.

We find that your referrals bring us patients who value our dedication to quality care, and appreciate the way we treat our patients as part of our family.

We thank you for being part of our practice, and for making it possible for us to practice the way we do. If you have the opportunity to write a Google review for us online, you may help someone else find a home with our practice.

When you refer friends to our practice, you can be assured we will treat them with the same care and respect you have come to expect from us.

Reviews and Referrals Contest Winner is Michele Brinker!



To connect with us, call 610-395-0980, go to our website www.ghdentistry.com or Like Us on Facebook!