
What would YOU do to reduce your exposure to Radiation??

Many of us are very concerned about wearing our sunscreen and covering up to reduce, as much as possible, the effects of ionizing radiation on our bodies. We buy and use SPF in lip gloss, makeup, sunscreen, and, even, our clothing. We wear hats outside etc. Many products have sun protection ratings.

We here at Dr Bill's office ascribe to the philosophy that we shoot as few Radiographs (X-rays) as diagnostically possible. We make pictures (with a camera) to try and show you, our patients, visual information, whenever possible, so that you are fully informed prior to any treatment that might be needed. We refrain from shooting X-rays whenever possible.

We have now gone the biggest step possible to reduce your exposure. We have had digital x-rays for several years, but now we have purchased a new Panoramic/ CBCT machine that will allow us to use ULTRA-LOW doses for x-rays and still get higher quality views.

What a fabulous improvement.... Better quality, more information and ULTRA LOW dosage.



New Technology! – In order to make

communications with our office more convenient for you, we have started using a new communications system! With your mobile phone # and/or your email address on file, you will receive a text message and/or an email as an appointment reminder. To make it easier you just “reply” to this note to confirm your appointments. Early notices will occur when you schedule an appointment, 1 month prior, 4 days prior, and 2 hours prior. You also have the opportunity to give us feedback about your visit! Please fill out the survey request and tell us how we are doing and post on Google, Facebook, and Yelp. It is super easy to do and very helpful to us! We continue to refine the system (some mobile carriers seem to be blocking the texts) and ask you for your patience. We hope you enjoy using our new system! It is easy...try it!

Get Your Summer Smile On! –

Have you thought about brightening your smile? Now is the time to do it! Now through August, we encourage you to take advantage of 25% off the cost of our special whitening system. While there are many different types of tooth whitening products on the market, we do not recommend using most of them. Many of the over-the-counter products contain acid and, therefore, etch the enamel surface of your teeth. This leaves the surface more susceptible to decay and sensitive. With a short visit to our office, we can construct customized bleaching trays which are re-usable. Then you can whiten your teeth at your convenience and later “refresh” them easily. If you have been thinking about whitening your teeth, and have questions, please call. We'd be happy to help your smile!

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What's Cooking?



Congratulations! –

Congratulations to our recent contest winners:
April- Mary Steel won a Panera gift card. Our fav place!
May- Amy Campbell received a beautiful picnic basket for those family cookouts.
June- Megan Church won a play bucket filled with summer goodies! We hope you and the kiddos enjoy the games!
Thank you to everyone for participating! Good luck in the future and – be sure to sign up when you are in the office for your appointment!

OFFICE CLOSINGS -

Our office will be closed on the following days:
Friday July 22, and Monday Sept. 5 -Labor Day.
Please have a safe and Happy Summer!

Mandarin Orange Cake

Ingredients

- 1 box yellow cake mix
- ½ C. Vegetable oil
- 1 Can (11 oz) mandarin orange segments, drained (reserve 1/3 cup liquid)
- 1 Can (4 oz) mandarin orange segments for top of the cake (optional)
- 4 eggs
- 1 Can (20 oz) crushed pineapple, undrained
- 2 box's (4-serving size) vanilla instant pudding and pie filling
- 1 (16 oz) container Cool Whip topping

Directions

- Heat oven to 350 F (325 F for dark or nonstick pan) Grease or lightly spray bottom only of 13x9-inch pan.
- In large bowl, beat cake mix, oil, orange segments, reserved 1/3 cup orange liquid, and eggs with electric mixer, on med speed. Pour into pan.
- Bake 35-40 minutes, or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.

Topping: Stir together pineapple & dry pudding mix. Gently stir in Cool Whip topping. Spread on the cake and top with more orange segments. Cover tightly and store in the refrigerator.

Tip: you don't have to, but I always make a two layer cake. If you choose to also, you will need 2 containers of cool whip to have enough to spread both layers.