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A NEW LOOK AT EAGLE DENTAL CARE

Same Great Care, Great New Decor

When I arrived at Eagle Dental Care, I had a mental checklist of things I wanted to accomplish. Chief among them was getting to know our wonderful patients and staff. A little further down on the list, you'd find tasks like getting us some high-tech equipment like our new cone-beam CT scanner for imaging. Near the end of that list, but still an important part of it, was sprucing up our decor in the office and putting a personal stamp on the look and feel of the place. I knew that project would come later on, but I'm excited to announce that we're currently in the process of a makeover.

Now, we're lucky in that we are not doing any demolition or wall building. The structure of the office will remain the same but will undergo a spruce-up from top to bottom. To ensure that we don't have to close the office or have patient care suffer during the redesign, we've opted to tackle the project in steps. Thus far, we've done a complete paint job and are now working on the floors.



There's no way I could've spearheaded this project on my own, as having an eye for decor isn't one of my natural talents. We worked with an interior designer to help generate ideas that were both practical and attractive. I'm very glad we did, as she's brought a ton of great options to the table. I also owe a big thank-you to Julie, our office manager, for taking a lot of initiative on this project. Without her help, I'm sure the results wouldn't have been as awesome as they're shaping up to be.

Throughout the process, our goal has been to create an environment that's reflective of our values as a practice. We hope to create a welcoming, comfortable environment that offers the latest and greatest in dental services and equipment. I might be biased, but I'd say we are well on the way to achieving our goal. I'm very glad we waited a while to get the ball rolling on the project. It feels like perfect timing.

I'm very grateful to our patients for being understanding throughout the makeover. Thankfully, we haven't had to turn our office into a construction site, but I'm still humbled to see how accommodating our patients have been. If you haven't stopped in this summer, I urge you to come in, if only to check out our new digs.

We may have missed the window for our new office design to be considered spring cleaning, so let's call it a summer spruce-up. Come check it out and let us know what you think.

-Dr. Chris Thomason



Once those are done, we'll be receiving a shipment of some new furniture for our dental rooms and reception area. One thing I've learned during this process is that dental chairs take a long time to ship — sadly, using Amazon Prime two-day shipping isn't an option. It kind of works out, though, because we won't have to move a new chair in before the floors are done. In addition to these big alterations, we'll also be getting some new, quieter dental equipment.

BOOK A CARIBBEAN CRUISE

Safe Sailing This Hurricane Season

After last year's devastating storm season, would-be tropical travelers are undoubtedly hesitant about purchasing those discounted plane tickets to the Caribbean Basin. No one wants to face a possible evacuation during their vacation — or worse, be forced to weather a hurricane at a beachfront resort. If you want the most bang for your buck while enjoying the turquoise waters of the Caribbean this fall, consider booking a cruise.

Cruise-ship travel is a fun and adventurous way to explore any time of year. After all, what could be more magical than a floating hotel room where you fall asleep in one country and wake up in another? This charming mobility is also what makes cruise travel the safest option for visiting the Caribbean and the coast of Mexico this time of year.

SAFETY AND SAVINGS
Much like resorts and airfare, cruise lines discount their Caribbean fares significantly during peak hurricane season, from August to October. However, unlike a traditional hotel, these massive ships have the luxury of navigating out of a storm's path with ease. For all their ferocity, hurricanes move slowly across the Atlantic and have relatively predictable trajectories.

Meanwhile, modern cruise ships carry the most sophisticated weather-tracking instruments, allowing them to bypass even small storms and inclement weather.

FLEXIBILITY IS A MUST
The flipside of this ability to dodge storms is the fact that your ship may not be able to stick to its original itinerary. You may have to anchor at an island you weren't expecting to or miss out on seeing a port you were supposed to visit. If you have your heart set on seeing a specific location, cruise travel this time of year may not be for you. But if you are simply looking for a safe, affordable vacation to a beautiful region, then it doesn't much matter which white-sanded beach you wake up to next.

While unpredictable weather will always be a concern for any vacation, the safety and variety cruises offer make them great options for anyone looking for a Caribbean getaway before the holiday season. So if you have a flexible schedule and a healthy sense of adventure, it's time to call your travel agent, pack your sunscreen and bathing suit, and head to paradise!

JOURNEY TO THE GREAT BACKYARD

Summer is drawing to a close, but there's still time to make some great memories. Camping trips are a summer staple. Fortunately, you don't have to drive hours into the mountains to find the perfect campsite. Your backyard is right there waiting for you! Here are a few tips to help your family say farewell to summer with a perfect backyard camping trip.



PACK FOR AN AUTHENTIC EXPERIENCE.

Your back door is literally a few yards away, which can be great in the event of an emergency. But if the kids are running in and out of the house all night long, they might end up deciding they'd rather be inside playing video games after only an hour. Be sure to pack everything you would

need if you were really going into the woods for the night so no one is tempted to go back inside. This means tents, sleeping bags, flashlights, pajamas, books, binoculars, a compass, water bottles, and a cooler of food with snacks and dinner. Treat this like a "real" camping experience right from the beginning!

FIGURE OUT THE CAMPFIRE.

Don't have an in-ground fire pit? No worries! You can still enjoy hot dogs and s'mores with a charcoal grill or a store-bought fire pit. If you have enough room in your backyard, you could even try building a bonfire. Just make sure to check your city ordinances and get any necessary permits first. You can find advice for building the perfect campfire at REI.com/learn/expert-advice/campfire-basics.html.

REMEMBER: IT'S OKAY TO CALL IT A NIGHT.

For kids, the most exciting part of camping in the backyard is getting to sleep in a tent — that is, until they actually have to sleep. After stargazing, some kids will want to stay up all night whispering and giggling in the tent, and that's great! But other kids might decide they'd rather sleep inside, and that's okay too. Your camping trip isn't a failure because everyone spent the night in their own beds. It's not about where everyone sleeps; it's about how much fun your family had together before bedtime.

The best part of backyard camping? It doesn't take a lot of planning. Just grab your gear and your family and hike out into the great backyard.

MULTIPLE WAYS TO LOVE YOUR SMILE

COSMETIC DENTISTRY AT EAGLE DENTAL CARE

At Eagle Dental Care, we are passionate about giving our patients reasons to love their smiles. Our team is constantly taking continuing education courses to ensure that our patients receive the latest and greatest treatments available. One area where we've seen big advances is in the field of cosmetic dentistry.

If you're not familiar with term, cosmetic dentistry employs a number of techniques to improve the overall look of your teeth. While these procedures are labeled "cosmetic," their impact extends beyond looks alone. Fixing the alignment of your teeth can inhibit bacterial growth and improve your self-confidence. Nobody should have to live with a smile they'd prefer to hide. Luckily, with today's cosmetic dentistry procedures, you don't have to.

Patients with discolored, chipped, misshapen, or missing teeth have more options at their disposal than ever before. Dr. Thomason can reshape your teeth, close gaps, restore worn teeth, and even alter the lengths of your teeth. Bleaching, bonding,

crowns, veneers, and contouring are a few of the cosmetic techniques we employ. Every smile is different, so we tailor treatment plans to give you the results you desire.



Undertaking a cosmetic dentistry program begins with consulting Dr. Thomason. He'll assess the areas you want to brighten up and explain your treatment options to you. From there, you'll work together to decide the proper course of action. It is worth noting that achieving optimal results may require multiple treatment sessions. Of course, we'll provide the same great care and environment we do for all of our services.

Replacing and enhancing teeth no longer requires dealing with unsightly, fake-looking crowns and veneers. Cosmetic dentistry allows for you to improve the appearance of your teeth without sacrificing structural integrity. If you've always thought a perfect smile was unattainable, it's time to think again. Call us today to find out if cosmetic dentistry treatment is right for you.

KARA'S CORNER

The Connection Between Oral Care and Overall Health



disease have a reciprocal relationship. According to WebMD, "people with poor blood sugar control get gum disease more often and more severely, and they lose more teeth." On the flip side, periodontal issues like gum disease can cause glucose spikes, which presents a serious issue for patients with diabetes.

The studies involving heart disease are just as revealing. The bacteria that causes gum disease travels through your blood stream, where it comes in contact with your heart and circulatory system. During heart surgeries, doctors have found the same species of bacteria in clogged arteries that are common in gum diseases. Needless to say, those pesky organisms in your mouth can end up affecting your entire body.

The connection between oral hygiene and your health is why it's so important for us to know about any conditions you have or medications you take. We want you to have a beautiful smile, but it's just as important to promote a healthy environment in your mouth. It's not just a cosmetic issue; it's a part of your overall wellness.

Your dentist and doctor may be in separate offices, but the work they do is intertwined. Or to put it another way, you can't get a full picture of your health without taking a look inside your mouth.

Maybe it's because we've always gone to the doctor and dentist separately, but many people think of oral hygiene and overall health as separate concerns. While I understand the reason for this misconception, it's important to remember that your mouth and teeth are parts of your body and just as connected to your systemic health as anything else. In recent years, an increasing body of research has demonstrated just how important solid oral care is to your overall wellness.

Much work has been done exploring the link between oral health and two major diseases: diabetes and heart disease. Diabetes and gum

GREEN BEAN & SESAME SALAD

If you need an easy, healthy side dish with plenty of flavor, this green bean salad will be the perfect addition to your summer menu.

INGREDIENTS

- 3 cups green beans, ends trimmed
- 1 small red onion, finely chopped
- 1 teaspoon white wine vinegar
- Small bunch of fresh mint
- 1 tablespoon olive oil
- Small bunch of flat-leaf parsley
- 2 tablespoons sesame seeds, toasted
- Salt and pepper, to taste

INSTRUCTIONS

1. Bring a large saucepan of water to boil; cook green beans for 4–5 minutes; drain well.
2. In a blender, mix finely chopped mint and parsley with olive oil, vinegar, salt, and pepper. Blend until combined.
3. Add dressing, onion, and sesame seeds to beans. Toss together. Cool dish, then refrigerate until ready to serve.

Inspired by *Delicious* magazine.



LAUGHING GAS

