



Roy G. Daniels, DDS, PLC

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What's Inside

- Celebrate Womanhood in All of Its Phases
- Osteoporosis
- Your Mouth and the News

Dr. Daniels' *Smile* NEWSLETTER

IT WAS A

4TH QUARTER / 2010

Office Hours

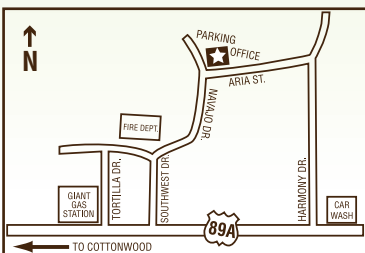
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| Monday | 8:00 - 4:30 |
| Tuesday | 8:00 - 4:30 |
| Wednesday | 8:00 - 4:30 |
| Thursday | 8:00 - 4:30 |
| Fridays & Saturdays available for emergencies | |

Appointments & Emergencies
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Busy Year...

We may not have conveyed to all of you how much you mean to us—you're our family of patients. At year's end, when we take a deep breath and count our many blessings, you're at the top of the list. When you bring us your dental needs, you're giving us your trust. That means a lot. When you send your family and friends our way, we feel a special glow of gratitude.

Have we always communicated our thanks to you? We try—by striving to do our best work using the newest and gentlest procedures and the most streamlined appointment policies, and by keeping open the lines of communication. We hope you'll communicate to us as well, letting us know how we're doing and how we can serve you better. We'll hope you'll ask those questions instead of keeping them to yourself, whether they concern new technology, hygiene products, or billing.

The new century started off badly, but we're keeping a positive attitude. We believe that better times are ahead for us all.

Roy G. Daniels DDS





Getting Healthy in *2011*

The American Council on Science and Health knows what's good for you. Here are 10 wise ways to take care of yourself in 2011 and into the new century.

1 Don't start smoking. Quit if you do. You know the numbers: half a million North Americans die every year from disease caused by cigarette smoking. Seek out a program or patch that suits you. Just do it.



2 Don't drink and drive. One too many? Make a contract among family members that promises a ride safely home, anytime, anywhere, with a telephone call.

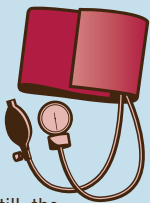
3 Cut the fat. The food pyramid has been turned upside down. We know now that too much fat and too little fiber are hard on the entire body. Take advantage of low-fat everything.



4 Move! Get off the couch and join the crowd. Check with your doctor, then hit the road, pick up some b-ball, go square dancing. Your heart, head and hips will thank you.

5 Sip alcohol slowly, if at all. From time to time, a moderate alcoholic drink might lower your risk of heart attack. But guaranteed, long-term use will put a kink in your liver, heart, nervous system, you name it.

6 Check your blood pressure and cholesterol. You should be seeing a physician annually and, when you do, a blood pressure reading is part of the program. Next time, ask for cholesterol testing, too.



7 Use seat belts. Common sense. Still, the National Highway Traffic Safety Administration tells us that traffic deaths can be reduced by half if everyone buckles up.

8 Feed your smoke detector new batteries. Each year, more than 5,000 lives are lost in residential fires. Smoke detectors, along with a family escape plan, save lives.

9 Get brave. Get a mammogram. Get a prostate exam. If you're 40 or over, these exams—one for her, one for him—are essential. When it comes to cancer, no hiding heads in the sand anymore.



10 Focus your priorities and energies on things that really matter. Why worry about things like food additives and x-rays if you threaten your health by smoking, abusing alcohol or drugs, overeating, underexercising and failing to wear seat belts?

We care about you as patients and as friends, too. We offer these suggestions in the hope they will help you lead a healthier and happier life in 2011 and years to come.

YOUR THANKSGIVING

INDULGE YOURSELF WISELY

Thanksgiving started with a feast, and the feasting tradition has continued to this day. Food—lots and lots of it—is the centerpiece of our Thanksgiving celebration. You can enjoy the holiday enormously, however, without stuffing yourself like the bird on the platter.



If you're planning the menu, you can make a few changes in the traditional fare that will leave everyone feeling satisfied without regrets. They may even save you time in the kitchen. Some of the substitutions to consider are:

Instead of that complex green bean casserole, why not **steam the green beans** and serve with a drizzle of Italian dressing and maybe a sprinkle of slivered almonds? Your guests will appreciate the unexpected flavors and the rock-solid nutrition of vitamin K and essential minerals.

Try replacing that too-sweet concoction of sweet potatoes and marshmallows with **yams baked in their skins**—then mashed. Naturally sweet, they're a gold-mine of vitamin A.

Swap the store-bought, jellied cranberry sauce for a relish made with **fresh cranberries** cooked and pureed in the blender with a fresh orange and sweetened to taste. These fresh tart ingredients are bursting with vitamin C, antioxidants and flavonoids.

Substitute **whole-wheat breadsticks** for those bland brown-n-serve rolls. Breadsticks' interesting texture comes from the healthy dose of dietary fiber they provide.

Is a bowlful of dip a must at your house? Instead of the standard delicatessen dips, set out bowls of **spicy hummus**, high in thiamine and folic acid. **Fresh veggies**—asparagus spears, broccoli flowerets and

jicama chunks, for example—make great dippers.

Saving time—and calories—elsewhere gives you more time to attend to the turkey. Roast it and baste it to its traditional perfection, and serve it with your family's favorite stuffing. Or go all-out on something else—after all Thanksgiving is a time of celebration.

And after the feast, when the last fork has been laid down, be sure to put away the turkey—and all other leftovers that might go bad—into the fridge. Then start a new tradition, perhaps a **walk or bicycle ride or a game of croquet** on the front lawn. Feast in moderation. You'll be thankful you did.

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