

The Monthly Smile

IN THE NEWS

April Headlines



Scarf Tragically Lost
In 15-Coat Pile-up

Box With Cooking
Instructions Immediately
Retrieved From Trash



Area Man Accepts
Burden Of Being Only
Person On Earth Who
Understands How World
Actually Works

American Airlines
To Phase Out
Complimentary
Cabin Pressurization



By The Numbers:



12 Months per
year that
qualify as
holiday shopping season.



32.5

The average
number of times
Dr. Williams
brushes his
teeth each day.



317,000,000

Number of Americans who consider
themselves immune to advertising.



5 Excruciating
seconds you
have to wait
for your iPhone
to power on.

1,125,786



Yards of floss
our hygienists go
through each month.

APRIL FOOLS!

~Tyler Williams, D.D.S.

~adapted from theonion.com

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DENTAL VIBE
INJECTION COMFORT SYSTEM

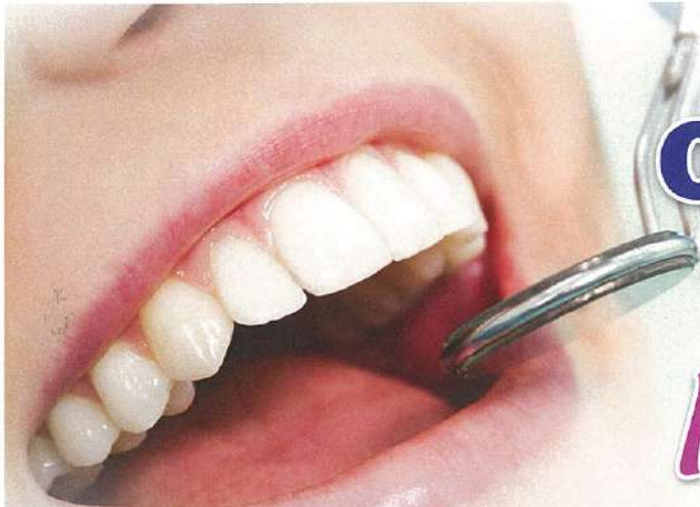


SIX MONTH SMILES®

invisalign®

PerioProtect





Oral Cancer:

What You Need To Know



Oral cancer is one of the top 10 cancers. With more than 600,000 cases diagnosed and 48,330 cases in the United States, most cases have at most a 40% survival rate after 5 years. Not very good odds, is it?

So how can you prevent oral cancer or check if you have it? Here are 3 things to help you determine and protect yourself from oral cancer.

- 1. Check yourself for risk factors.** The two major risk factors for oral cancer are tobacco use and alcohol consumption, with

exposure to prolonged sunlight or UV rays in a close third. If you have any of these factors, you should be getting an oral cancer screening at every dental cleaning appointment.

- 2. Watch any sores or lesions that may appear.** Any sore in your mouth should be closely monitored. **If the sore doesn't go away in 2 weeks, you should have it checked by a dental professional.** The most common places for oral cancer to start is on the side/back of your tongue and on the floor of your mouth.

If a lesion is white, watch it for two weeks. If a lesion is red or has an indent in it, get it checked immediately.

- 3. Yearly Screenings.** Make sure to ask your dental professional to perform an oral cancer screening once a year. One small procedure just might save your life!

Oral cancer screening save lives! Can we save yours?

If you get your oral cancer screening in April for only \$17, all proceeds this month will be donate to The Oral Cancer Foundation.

Sudoku

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 3 | | | 7 | | | | |
| 6 | | | 1 | 9 | 5 | | | |
| | 9 | 8 | | | | | 6 | |
| 8 | | | | 6 | | | | 3 |
| 4 | | | 8 | | 3 | | | 1 |
| 7 | | | | 2 | | | | 6 |
| | 6 | | | | | 2 | 8 | |
| | | | 4 | 1 | 9 | | | 5 |
| | | | | 8 | | | 7 | 9 |

Answers

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 7 | 1 | 9 | 8 | 2 | 5 | 4 | 3 |
| 5 | 9 | 6 | 1 | 7 | 4 | 8 | 2 | 3 |
| 4 | 8 | 2 | 7 | 5 | 1 | 9 | 6 | 3 |
| 9 | 5 | 8 | 4 | 2 | 6 | 3 | 7 | 1 |
| 1 | 6 | 7 | 3 | 5 | 8 | 9 | 2 | 4 |
| 3 | 2 | 4 | 1 | 9 | 7 | 6 | 5 | 8 |
| 7 | 9 | 5 | 2 | 4 | 3 | 8 | 6 | 1 |
| 8 | 4 | 3 | 5 | 6 | 1 | 2 | 7 | 9 |
| 2 | 1 | 6 | 8 | 7 | 9 | 4 | 3 | 5 |

Local Restaurant Spotlight!

Yi Sushi Bistro

"I am not a sushi fan but have two sisters that are crazy for it. They finally coerced me into going to get sushi with them for their birthdays. They took me to Yi Sushi Bistro. I was pleasantly surprised. They enjoyed some sushi while I had some delicious cashew chicken.



They had menu items for everyone, service was fast even though they were very busy and their prices were very reasonable. All sushi rolls are 50% off all the time. Open 7 days a week for lunch and dinner."



-Ericka Smith,
D.M.D.

Congratulations to

Matt



for winning our new 4K HDTV giveaway! He is a great patient in our office. He is always on time, has a great attitude, and puts a smile on our faces.

Thank you for your referrals Matt!

Win A Traeger Grill!

You can win our quarterly prizes, too. Here is what you need to do:

Refer a new friend, family member or co-worker into our office, and you'll be automatically entered to win this Traeger BBQ Grill Package! PLUS, you'll receive a special gift



for your first referral!

Our next prize is a Traeger Grill, a \$500 value!!

Also, when you refer 2 or more new patients to our office within a 12 month period, you'll be automatically enrolled in our VIP program, where you'll be entered into MONTHLY drawings as well! We love our patients, thank you for referring GREAT PEOPLE like you!



To the Halls of Valhalla



A primary school class sent their goldfish off in style—by giving them a flaming Viking boat burial.

Primary grades 3 and 4 pupils at Papdale School in Kirkwall, on the Orkney Islands, gave Bubbles and Freddy a traditional Norse ceremony and waved them off to Valhalla.

The goldfish became class pets for Christmas, but sadly both died recently.



The children had been studying the Vikings, and so they decided to give their goldfish an appropriate burial. **The 23 children designed and decorated their own longboats in groups of three before carrying them to a pond at the back of the school's playing fields.**

There, they read out their memories of the fish, including describing what the fish would have been able to see of the class, before letting them go.

Their teacher, Corey, then waded

into the pond to set fire to the boats. She said, **"It was sad when the children were reading out their tributes, but a big cheer went up when we launched the boats. It was a great success, except the boat did fall over mid-burn.** The children enjoyed it, especially as you don't get to see your teacher wading about in wellies to set fire to a boat everyday.

"There has been talk of replacing Bubbles and Freddy, but we're going to let their memories live on a little longer first."

"I cannot believe how amazing Dr. Williams and his staff are! I've been to a few dentists in my life and I can't imagine how I made it this long without them! They seem to be a lot more high tech and on the edge of technology than other dentists I have been to."

Bruce T.

"It was an amazing and fluid visit. Really fast and amazing dentists!! Felt super comfortable and was very pleased with the help and work done! Would highly recommend it to others!"

Apriana P.



*Our
Love Birds
of the
Month!*

Chris and Lori are our love birds of the month! They came in for our couple cleaning and checkups last month. A limo picked them up, we did some whitening, and of course we could not forget the roses and chocolates. They are exceptional patients who are always on time, friendly, and make us laugh. Thanks for being awesome patients, guys! See you in six months!

This Ain't No Joke! Tax Savings to Smile About...

Whiten your smile on any
"Whitening Wednesday"
over the next 30 days, and your
friend can whiten their smile for
just **\$4.15!**

(Good only through May 17, 2017)

Pinecrest Dental
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Murray, UT 84123

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Gyros Burgers



A Greek/American lamb and beef mixture version of the traditional Greek pork or lamb Gyros. Serve on warm pita bread with tzatziki sauce, and thinly sliced onion, tomato and lettuce.

Ingredients:

- ½ pound lean ground beef
- ½ pound lean ground lamb
- ½ onion, grated
- 2 cloves garlic, pressed
- 1 slice bread, toasted and crumbled
- ½ teaspoon dried savory
- ½ teaspoon ground allspice
- ½ teaspoon ground coriander
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 dash ground cumin

Directions:

1. Preheat an outdoor grill for medium-high heat, and lightly oil grate.
2. In large bowl, combine ground beef, ground lamb, onion, garlic and bread crumbs. Season with savory, allspice, coriander, salt, pepper and cumin. Knead until mixture is stiff. Shape into 4 very thin patties (1/8 inch to ¼ inch thick).
3. Cook patties for 5 to 7 minutes on each side, or until cooked through.

Source: Allrecipes.com