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### Can You Handle the Truth???

The spring equinox lands on either March 20 or 21 every year and is one of the four seasonal astronomical events that impacts earth. The other three are the summer solstice, the autumnal equinox, and the winter solstice.

### JOKE of the Month

A man tells his doctor, "Help me. I'm addicted to Twitter!"  
The doctor replies, "Sorry, I'm not following you."



March 2020



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# It's That *Time of Year* Again!

The longer days, sounds of birds chirping, and revitalizing rainy days signal it's time to start Spring Cleaning!  
You will be so much more relaxed welcoming the spring with a spotless home, mind, and body.

Check out these *proven methods* to effective Spring Cleaning

#### 1. Polish Your Sanctuary

Your home is your hideaway place you go to recharge from the world all year round. Most take the spring season to revamp and scrub their home to get ready for the upcoming busy months. Look at trying a new cleaning product or technique to get into those hard-to-reach places and stubborn winter dust bunnies that have been building up over the winter months.

#### 2. Change Up Your Routines

You've probably gained a few habits and routines over winter that can be let go or altered. Take advantage of the new beginning to create a new routine or new way or doing something to get you out of that winter slump mindset. Even small changes, such as taking a new route to work or learning a new breakfast recipe, can make you feel different and motivated!

#### 3. Get Moving!

Winter = couch + comfort food. Spring clean your metabolism and physical health by adding in a cardio or strength training workout into your daily routine. You don't need a gym membership or a big space to get an effective work out – you can even go for a walk outside! Don't forget – spring means beach season is just around the corner and it's creeping up faster than you think!

#### 4. Declutter Your Work Space

We spend most of our week at work but we still somehow forget to organize our professional space. Whether you work in an office, outdoors, from home, or are a stay-at-home parent, you could benefit by organizing your work area. A great quote by Benjamin Franklin says, "For every minute spent organizing, an hour is earned." Take a few minutes to organize your to-do list, tidy your desk, or purge old paperwork and mail – you'll notice your efficiency will go up afterwards!

#### 5. Shine Up Your Mind

How much of your time is spent watching TV, looking at Facebook, or playing on your phone during the day/evening? When we allow our minds to run on auto-pilot for too long, we tend to feel like we're just going through the motions of the day with no clear goal or motivation. Unplug and focus on being in the moment to get away from the winter blues. Research meditation and yoga techniques to center the mind. Pick up a self-growth book at the library to sharpen your mind and give you new ideas.

#### 6. And... Get Your Teeth Cleaned!

Yes, they need attention too. If you have not been in to see your hygienist for some time, don't wait for surprises. Regular care is how you keep those pearly whites for years to come.



# Tips, Tricks, and Trends

## Dietary Guidelines for Americans wants us to eat together

Our food preferences and eating habits have evolved and so has Dietary Guidelines for Americans. While still focusing on establishing healthy nutritional habits, the revamped version also puts an emphasis on how we eat.

Eating together is not only a great way to instill new habits and achieve our nutrition goals, it also allows us to find our passion for cooking, nutrition, and sustainability as a family. To help make the most of mealtime, it is also recommended that we put away our devices and enjoy quality time with our loved ones.

This is also a great opportunity to cook together. Getting the kids involved is a great way to teach good nutritional habits that can last them a lifetime. When working to establish new habits, try to set goals to help your family remain accountable and have fun tracking your progress along the way.

Setting goals to incorporate the new recommendations from the guide can be as easy as setting aside one day a week to meal-prepare for the week ahead, planning a weekly dinner with friends or extended family, making the commitment to go meatless on Mondays or introducing new recipes to your repertoire.

The new food guide stresses the importance of the healthy plate, which is a very simple way to think about balance and portion size. The model is half vegetables while the rest of the plate is balanced out with whole grains and protein-rich foods. When it comes to serving healthy proteins, try new, sustainable alternatives. Why not try swapping out ground meats in recipes for black beans and crumbled tofu on taco night or chickpeas and lentils in chili or shepherd's pie.



<https://www.dietaryguidelines.gov>

### Fun Facts

#### That'll Astound Your Friends

- Apples are made of 25% air, which is why they float.
- Lemons contain more sugar than strawberries.
- Broccoli contains twice the vitamin C of an orange.
- Honey is the only edible food that never goes bad.
- Frozen vegetables are even more nutritious than non-frozen veggies.
- Protein, which is found in meat, milk products, beans and fish, builds muscles and repairs damage.
- Fruit is better than the juice! In fact, a raw unpeeled apple has almost 10 times more fibre than a cup of apple juice.

## All About Cosmetic Dentistry

Cosmetic dentistry isn't just for celebrities and the wealthy — there's now a wide variety of options and price ranges that put a better smile within reach for millions of people. "Cosmetic dentistry has gone mainstream," says Kimberly Harms, DDS, consumer advisor and spokesperson for the American Dental Association (ADA) and a dentist in private practice in Farmington, Minn. "Just about every dentist does at least some cosmetic dentistry procedures these days." From subtle changes to major oral surgery, there are a host of cosmetic dentistry techniques that can treat teeth that are discolored, chipped, misshapen, or missing.

So is cosmetic dentistry right for you? Here's what you need to know before making the decision.

#### What Is Cosmetic Dentistry?

While traditional dentistry addresses the health of your teeth and gums, cosmetic dentistry focuses on the appearance of your teeth, mouth, and smile.

"Recent advances in cosmetic dentistry allow dentists to offer everything from improved teeth whitening to translucent tooth coverings to complete smile makeovers," says Dr. Harms. Cosmetic dentistry has been around for decades, but the materials used today are more durable and natural looking than those used in the past.

According to the American Academy of Cosmetic Dentistry (AACD), two-thirds of patients seeking cosmetic dentistry are female, and the average amount spent on cosmetic procedures by these patients in 2007 was a little less than \$4,000. However, some cosmetic dentistry procedures can cost as little as \$300. Because cosmetic dentistry is considered elective rather than "necessary," it's not usually covered by insurance.



#### Cosmetic Dentistry Options

There are a variety of cosmetic dentistry procedures available, including:

**Teeth whitening.** This procedure brightens teeth that are discolored or stained. Teeth whitening, or bleaching, can be done in a dentist's office or at home with a system dispensed by the dentist. Over-the-counter teeth-whitening products are also available.

**Bonding.** This can improve the appearance of teeth that are chipped, broken, cracked, stained, or have spaces in between them, by bonding tooth-colored materials to the tooth surface.

**Veneers.** These are thin, custom-made porcelain shells that cover the front of the teeth to disguise discoloration or imperfections.

**Tooth reshaping.** This procedure involves changing the teeth to improve their appearance by modifying or removing enamel. Tooth reshaping (also known as dental contouring) is often combined with bonding.

**Crown lengthening.** This can fix a "gummy" smile (where more gums than teeth are visible) or an uneven gum line by removing excess gum tissue to expose more of the tooth's crown and give the appearance of longer teeth. This involves minor oral surgery.

**Smile makeovers.** These procedures involve a comprehensive assessment of the overall appearance of the teeth and smile. Typically, several cosmetic dentistry procedures are required to overhaul the look of a patient's smile. Think of it as a facelift for the mouth.

With today's emphasis on youth and appearance, cosmetic dentistry is becoming more popular than ever. While not many people have naturally perfect teeth, almost anyone can attain a dazzling smile with the help of a dentist.

### March Employee Spotlight

Kim



Kim is new to Dr. Kelley's dental practice, but has been working in the dental field for over 20 years as a receptionist. Kim has a 24-year-old daughter attending college. She enjoys spending time with her two cats (Bimini and Devereux) and her dog (Dunedin). Kim and her daughter enjoy visiting Yates Cider Mill and walking Dunedin along the paths near the river.

## Can't Leave Alone Bars

Convenient cake mix hurries along the preparation of these tasty bars

#### Ingredients:

- 1 package white cake mix (regular size)
- 2 large eggs, room temperature
- 1/3 cup canola oil
- 1 can (14 ounces) sweetened condensed milk
- 1 cup semisweet chocolate chips
- 1/4 cup butter, cubed

#### Directions:

Preheat oven to 350°. In a large bowl, combine the cake mix, eggs and oil. Press two-thirds of the mixture into a greased 13x9in baking pan. Set remaining cake mixture aside.

In a microwave-safe bowl, combine the milk, chocolate chips and butter. Microwave, uncovered, until chips and butter are melted; stir until smooth. Pour over crust.

Drop teaspoonfuls of remaining cake mixture over top. Bake until lightly browned, 20-25 minutes. Cool before cutting.



#### Nutrition Facts

1 bar:  
152 calories, 7g fat (3g saturated fat), 19mg cholesterol, 122mg sodium  
20g carbohydrate (15g sugars, 0 fiber), 2g protein.

### Fun, Dumb & Inspiring Quotes

"It's the possibility of having a dream come true that makes life interesting."

– Paulo Coelho, *The Alchemist*

"Remember, today is the tomorrow you worried about yesterday."

– Dale Carnegie

"My psychiatrist told me I was crazy and I said I want a second opinion. He said okay, you're ugly too."

– Rodney Dangerfield

"Talk sense to a fool and he calls you foolish."

– Euripides

### Life Hacks: Better, Faster, Easier Solutions To Life's Little, Everyday Problems >>>

## Reducing screen-related eyestrain

#### How much screen time have you had today?

According to research, 72 per cent of adults spend seven or more hours in front of three different electronic devices per day. A full 90 per cent of them reported at least one eye-related problem linked to digital devices last year.

**While smartphones, tablets and computers have become an essential, unavoidable part of our personal and professional lives, there are smart ways to reduce the impact of screen-induced eyestrain:**

Take a break. If you're using a computer for an extended period, give your eyes a rest by looking away from your monitor. **Try the 20-20-20 rule:** Every 20 minutes, look at something 20 feet away for at least 20 seconds.

**1. Distance yourself.** Just as your parents told you not to sit too close to the TV, it's important to maintain a healthy distance between you and your electronic device. Ensure that all screens (including your phone) are at least at arm's distance from your face.

**2. Brighten up.** After a long day at work, it's nice to dim the lights, pour yourself a drink and watch some Netflix. However, it's much easier on your eyes if you keep the room softly lit.

**3. Don't be left in the dark.** Do you suffer from headaches or other symptoms after excessive screen time? It may be time to get glasses or update your prescription. Not only can an eyecare professional correct your vision and help you understand the impact of screen time, but regular comprehensive eye exams can lead to early detection of health issues, including diabetes, cancer and even high blood pressure.

