

# Eight Secrets To A Long Life

1. Don't smoke.
2. Eat at least five fruits and vegetables a day, try for ten.
3. Eat whole grain carbohydrates; avoid refined carbohydrates like white bread, cookies, cake and sugar to name a few.
4. Avoid partially hydrogenated fats; lower your total daily fat intake below 30% of your total daily caloric intake. Increase Omega-3 oils in your diet.
5. Lose excess weight.
6. Lower your sodium to below 2400 milligrams daily.
7. Get 30 minutes of aerobic exercise three times a week (brisk walking or cycling).
8. Reduce stress through practicing stress reduction techniques like meditation, auto-hypnosis or deep breathing.



## *Hate Is Like Acid.*

*It can damage the vessel in which it is stored as well as destroy the object on which it is poured. – Ann Landers*

*A smile is contagious; be a carrier.*

*Be true to your teeth or they will be false to you.*

## officeinformation



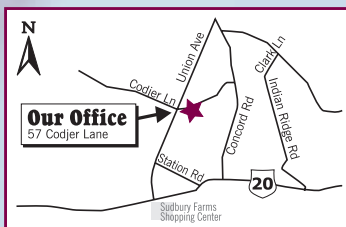
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### Office Hours

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### Contact Information









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## Oh, Yogi!

In honor of April and the return of America's national pastime, here are some quotes from baseball great Yogi Berra:

-  You can observe a lot just by watching.
-  Baseball is 90 percent mental-the other half is physical.
-  You better cut the pizza in four pieces because I'm not hungry enough to eat six.
-  It was impossible to get a conversation going; everybody was talking too much.
-  Nobody goes there anymore; it's too crowded.
-  I take a two-hour nap, from one o'clock to four.
-  If you come to a fork in the road, take it.
-  I made a wrong mistake.

## Too Good To Be True:



### Steamed fish recipe that actually tastes good

This dish can be cooked on the bar-b-que or in the oven and finished in the broiler. I like it both ways.

- Single serving of filet firm white fish
- Carrot shredded
- Green pepper, chopped
- Onion, chopped
- Fresh ginger, sliced
- Ground pepper
- Lite Soy sauce

On a large piece of aluminum foil, place a single serving sized piece of white fish like cod or striped bass. You can also use any firm white fish that you catch.

Next cover the fish with a mixture of the chopped vegetables and sliced ginger. Add pepper and soy sauce to your liking.

Wrap the foil in an envelope like fashion, sealing the edges and leaving the foil loose around the fish.

Cook on top of the bar-b-que with medium heat for 15-25 minutes depending on the thickness and size of the fish. Then open the foil and cook a little more to dry the surface. Or using the oven under high heat cook the fish for about 20-30 minutes and when the fish flakes place it under the broiler to crisp the top a little.

Serve with a crisp salad and a baked potato. Delish!



# Cohen-si-dentally™

by Steven D. Cohen, DMD



The Tooth, the whole tooth and nothing but the tooth

Spring 2008

## Saturday Appointments

We have been trying Saturday appointments out to see if they would be accepted by you, our patients. It appears that you like them; so we will be offering them again. Our goal is to work one Saturday per month from September through May. We will be closed on Saturdays in June, July and August. This is the schedule and we hope that you approve.

**May 10, 2008**

**January 10, 2009**

**September 13, 2008**

**February 28, 2009**

**October 18, 2008**

**March 14, 2009**

**November 15, 2008**

**April, 2009 TBA**

**December 13, 2008**

**May 9, 2009**

Obviously, Saturday appointments have proven, over the past year, to be very desirable to you; and the wait to get an appointment is about three months. My advice is that if you want to establish yourself as a Saturday patient then it would be best to call well ahead of your desired appointment time.

## Who Is Amazing

**Transitions, some are sad and some are glad...**

Sally Gimber, RDH has been practicing dental hygiene in this office on and off for 25 years. She started when she was pregnant with her first child in 1982 and stayed until her family moved to Connecticut in 1987. Sally came back to Sudbury in 1998 and again joined the practice, and now it is 10 years later! It is with sadness that we learned that Sally has decided to retire from full time work.

In her own words this is how Sally describes her tenure. "I have known and shared a lot of life experiences with these patients - births, drivers-ed experiences with their children, college applications, marriages, grandchildren, illnesses and retirement. Hopefully I've helped them out dentally, made their visits

comfortable and informative. But, what I will miss most is the friendship we have shared.

Sally, what all of us will miss about you is your friendship, your candor, your advice, and your dental expertise. I will always remember the help you gave to a dentist struggling to integrate himself seamlessly into a new well-established practice. I could never have done it without you. All of us wish you the best of futures, lots of good luck and healthy, fun-filled days."

Erica Johnson graduated Lincoln Sudbury High School in 2005. After a few other jobs, she has joined the practice. Erica has just completed extensive front desk training and introductory training for a chair-

side dental assistant. She will be assisting Kathy in administrative and appointment functions as well as assisting Erlene and myself in a clinical setting. Erica has plans to attend several dental assisting courses in the future. I have found Erica to be a very quick learner and it is a pleasure to have her as a co-worker.

Erica has lived in Sudbury for her entire life. She enjoys traveling, dining, reading, softball, and spending time with her friends and extended family. She is very enthusiastic and enjoys her work. We expect that she will be here for a long time. Take a few minutes after your appointment to chat with her and become friends. I know you will like her.

*Our goal is to treat each patient as our only patient!*