



Aesthetic & Family
DENTISTRY



Is Media Making Your Children Fat?

The prevalence of childhood obesity in American children has doubled in the last 3 decades. Obesity in children is quickly becoming a world wide epidemic.

In North America, our children spend on average 7 hours per day with media, including television and web browsing. Other than sleeping, it is the single biggest use of their time. During this time, they are exposed to aggressive advertising from the junk food industry.

Obesity can have a devastating affect on our young people. Children with weight issues have a higher incidence of stress/mood disorders, an increased risk of substance abuse, diabetes, asthma, and heart disease.

The Academy of Pediatrics has released a policy statement on media and how it influences childhood obesity. This statement was published in Pediatrics: The Official Journal of the American Academy of Pediatrics, and looks at the role that television and other media plays in childhood obesity and what preventive measures can be taken.

We can make a difference in the lives of our children.

Thank You Rose!

For the past year, Rose has been practicing in our office as a Registered Dental Hygienist. We were lucky to have her join our team while Sandra, our regular RDH was on maternity leave.

Rose will be leaving our team in anticipation of Sandra's return.

We wish her all the best in her future endeavours!

Welcome Back Sandra!

Following the birth of a beautiful baby girl, Sandra our Registered Dental Hygienist is back from maternity leave and part of our team again.

We are all happy to have her back!

The Doctor's Recipe

Nutella-Chocolate Chip Banana Bread

Ingredients:

- 2 Eggs
- 1 cup of sugar 1 tsp. vanilla sugar (or 1 packet Dr Oetker Vanilla sugar)
- 3/4 cup milk
- 2/3 cup vegetable oil
- 2 bananas
- 2 tbsps Nutella
- 1 tsp baking powder
- 1 tsp of baking soda
- Pinch of Salt
- 2 cups all purpose flour
- 2 Teaspoons of cocoa powder

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Doctor's Corner: Comic Relief

An elderly couple are dining at their favourite restaurant, enjoying their meal and a bottle of wine. Toward the end of the meal, as the husband is taking care of the bill, he hears his wife say "You're so great! I love you sooo much! I don't know how I could've gotten through all of these years without you." The husbands, suspicious, says to her, "Is that you talking, love, or is that the wine talking?" To which she replies "That me talking, to the wine!"

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Aesthetic & Family

1 cup chocolate chips

Bundt cake pan

Non-stick cooking spray for the baking pan (Pam)

Preheat oven to 350F Prepare the bundt cake pan by spraying with non-stick cooking spray. With a mixer, beat the eggs and add the vanilla sugar. When the eggs and vanilla sugar are well mixed, add each of the other ingredients one by one in the order listed. Pour mix into the prepared bundt pan. Bake for about 1 hour @ 350. The banana bread is ready when a toothpick inserted in the middle comes out clean.

All the Best!

Dr. Tony Ozanic and the Team

DENTISTRY

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