



Sowell

AESTHETIC
DENTISTRY
CENTRE

Happy New Year!

We are very excited about the rewards program we plan to offer our patients in 2011. Our goal is to make it more fun, to come see us and encourage you to refer your family and friends to us for general dentistry care. We are known for our commitment to excellence in smile make overs and turn-key full mouth rehabilitation, but we are also a general dentistry office committed to prevention and maintenance of oral health. We will be sending out a monthly newsletter via email with a new promotion each month, so stay connected to take advantage of them. The greatest gift you can give us is the referral of your family and friends.

At Dr. Sowell's office, our entire team loves many things about the work we do.

- **We love working with wonderful patients**
- **We love creating beautiful smiles**
- **We love giving gifts**

PATIENT REWARDS PROGRAM

We are happy to announce that each time you refer a friend or a family member we will give you a **\$50 gift card** to your choice of fine retailers. It is our way of saying thank you for giving us the highest compliment a dental practice can receive.



Floss the Teeth you want to keep.....

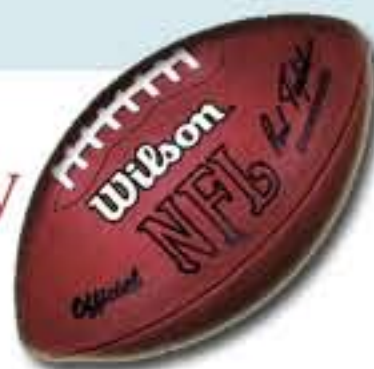
Flossing is essential to your smile's health, no matter what your age. And yes, even kids should floss to get used to a healthy oral-care routine. You might be asking, "Why is flossing so important?" Here's the answer: By flossing, you remove plaque and food particles in between your teeth and gums, and help prevent gingivitis and periodontitis.

On average, one in eight adults in the United States has some form of gum disease. And it's not just older people. Gum disease can start at a very early age, especially if you don't have a proper oral-care routine, which includes flossing every day.

Gingival (gum) bleeding and halitosis (bad breath) are often the first signs of poor oral hygiene that may eventually lead to further periodontal problems. Flossing twice a day in addition to brushing can reduced gum bleeding --a sign of gum disease -- by about 40% more than brushing alone in just two weeks.

A good way to prevent periodontal disease and tooth decay is through at-home oral hygiene care and routine dental visits.

A great Chili recipe for Super Bowl XLV



Ingredients

- 2 pounds ground beef
- 1 onion, finely diced
- 3 cloves garlic, minced
- 1 (14.5 ounce) can diced tomatoes
- 2 (14.5 ounce) cans Italian-style diced tomatoes
- 1 (8 ounce) can tomato sauce
- 1 cup water
- 1 (15 ounce) can kidney beans
- 1 (15 ounce) can pinto beans
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 tablespoons white sugar
- 1 tablespoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon hot pepper sauce

Directions

1. In a large stock pot lightly brown ground beef, and drain if needed.
2. Add onion and garlic and cook until onion is translucent.
3. Add tomatoes, diced tomatoes with chili peppers, tomato sauce, water, kidney beans, pinto beans, chili powder, cumin, sugar, salt, pepper and hot sauce. Simmer for 30 minutes and then serve.
4. Serve hot with your favorite Chili toppings.

**Cosmetic Dentistry
General & Resorative
Implant Dentistry
Whitening**

**Mark Sowell, DDS, MAGD
1200 Village Creek Drive #102
Plano, Texas 75093**

(972) 931-0090