WARNING: THIS IS NOT YOUR TYPICAL ENERGY DRINK!

Blended with a proprietary formula, ENERGY is packed with natural stimulants free of the jittery effects caused by today’s leading energy drinks.

- A full spectrum of phytonutrients
- Potent antioxidant-rich polyphenols
- Packed with Vitamin B to support brain function
- Proprietary ENERGY Blend
- Helps support the body’s ability to sustain natural energy levels

DISCOVER ENERGY. BRING IT!

Teeth Whitening - Know Your Options

By Dr. Woolwine
Sonterra Dental
(210) 341-3222

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ummer is a popular time for family pictures, weddings and reunions. It’s also the time most of us consider whitening our teeth. There are many whitening products and systems available including whitening toothpaste, over-the-counter-products, take home trays and in-office bleaching. The active ingredient that whitens your teeth is Hydrogen peroxide (please don’t go buy a bottle of this and swallow it). Hydrogen peroxide comes in different strengths, the stronger the strength the faster the teeth become whiter but also the increased likelihood for tooth sensitivity.

Let’s discuss the different products available to you.

Whitening Toothpastes - The cheapest of the whitening products, toothpaste, can be effective for removing minor surface stains but typically lighten the teeth by only half a shade. Many patients also report having sensitive teeth after using these products for an extended time.

Over the Counter Products - These could include “bleaching strips.” They are an economical option to whitening your teeth and are available to start today. My biggest concern is the “one size fits all” design which can create sensitivity around the gum line. If you decide to use these be sure to follow instructions carefully.

Take Home Trays - Custom trays are built to fit your teeth precisely so that you minimize injuring your gums. You can also use prescription strength bleach that can whiten your teeth faster than those purchased over the counter. The dentist will help you choose what strength of bleach is right for you and your teeth are particularly sensitive or you are cavity prone you can use the trays for fluoride gels that decrease sensitivity and help prevent tooth decay. The downside is the upfront cost for the fabrication of the trays. The refill bleach usually costs about the same or cheaper than over the counter products.

In-Office Bleaching - In-office whitening provides the quickest way to whiten teeth. Zoom whitening is probably the most well-known of this type of bleaching. The benefit to this is that a stronger solution can be applied under the supervision of a dentist creating a more dramatic result. The downside is that this is a more expensive option and tooth sensitivity is increased significantly.

Teeth whitening is not recommended for everyone but is ideal for people who have healthy teeth and gums. I most often recommend take home option because they have the flexibility to whiten when they want and I have the option of giving them different strength bleaches.

If you have any questions feel free to email me at info@sonterraddentalare.com or call us at (210) 341-3222.

Making Moments Matter

By Michelle Houriet, Executive Director
Independence Hill Retirement Resort Community
(210) 209-8956

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orking in the retirement community industry, I speak with many of our residents’ family members and at times detect feelings of guilt about their parents. Guilt as we all know is not healthy for anyone. This can be the great motivator needed to look for ways to make visits more meaningful and memorable? How? Plan your visits and make them count! Think quality, not quantity. Have your parents help you with the plan. Having an event to anticipate, gives them something positive to look forward to, rather than thinking about when the last one was.

Spending time reminiscing or playing a game of cards will mean more than you cleaning out the kitchen or spending time doing chores around their home. Try to think from their perspective; what’s important to them may be very different from what you think is needed. And even though they may not get out of the house regularly, don’t rule it out. This time and stimulation enlightens seniors’ on a daily basis... I see it!

Most of the seniors of today are veterans. Plan something to honor their service and the service of those that fought beside them. Perhaps attending an event in the community for Memorial Day or Veteran’s Day or go to a war museum.

When planning a visit think about things you might like to reminisce or learn about. Ask questions... it’s ok! What do they consider the turning point of their life? What was their favorite vacation or childhood game? These questions spur conversation and are wonderful for learning about your ancestors. You can also ask questions about their memories of you, if they don’t always want to talk about themselves, or ask their opinions. Involve your children, come up with a couple questions too.

Rid yourself of the guilt trips about not being there everyday and put your energy into making moments matter for the next visit. When you talk with your parents let them know you are excited about your next visit, which will help them to focus on it in the same way. Having meaningful visits will go much further than spending frequent and meaningless time together.

If your parent or loved one is not interacting as much or as active as you would like them to be, come see how their days can be more abundant with the numerous things going on and available for them to do at Independence Hill.

Independence Hill Retirement Resort Community is located at 20450 Huebner Rd., San Antonio, TX 78258. For more information, call (210) 209-8956 or visit www.independencehill.com.

Over the Counter Products - These
are the gypsum and plastic materials that are used to create the trays.

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