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# Dr. Garcia General & Cosmetic Dentistry April Newsletter

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Issue: #11

APRIL/2009

Dear Valued Client,



We are so excited to have received a wonderful review on Yelp, a popular website that reviews restaurants, hotels, and almost everything by real people who have experiences with the companies they review.

Dr. G blushed after reading the review... [find out why!](#)

We really appreciate the time our patients take to recommend us to their friends and review us on their favorite websites. Thank you!

## BECOME A 'FAN' OF DR. G!

Are you one of the 180 million members of Facebook?

If so, click [here](#) to become a 'fan' of Dr. Garcia's and we'll see you online!



Forward to a Friend

Sincerely,  
The Staff of Dr. Garcia General & Cosmetic Dentistry

## SMILE MORE, STRESS LESS!

### Surviving the Economy with a Smile

Studies have shown that stress can lead to headaches, backaches, elevated blood pressure, and even more harmful conditions like chronic fatigue syndrome and fibromyalgia. So what can we do to relieve our stress levels during these extremely stressful times?

Believe it or not, a smile can go a long way to release stress. Studies have shown that smiling releases endorphins that are natural pain killers and even reduces blood pressure. Also when you smile, immune function improves; possibly because you are more relaxed.

Here are some tips to keep you smiling this spring:

## Dr. Garcia General & Cosmetic Dentistry

36 S. Charles St.  
Suite 2202  
Baltimore, MD 21201

**410.837.0304**

[Visit our website!](#)

[Map it!](#)

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### Our Staff

**Dr. Nicholas Garcia**

**Dr. Dena Wrigley**

**Dr. Natalie Mercho**

**Carrie, Office  
Manager**

**Jill, Front Desk  
Manager**

**Amy, Scheduling  
Coordinator**

**Terri & Sandy,  
Dental Assistants**

**Regan, Judith &  
Nicole,  
Hygienists**

- **Laugh!** Tell a joke, read your favorite comic, watch a funny movie. Laughing helps release tension and stress. Plus, it's infectious; when one person laughs, it makes everyone smile!

- **Hug a loved one.** Hugs certainly feel good, both on the giving and receiving end, and it turns out their effects are more than skin deep. A study by University of North Carolina researchers found that hugs increase the "bonding" hormone oxytocin which decreases stress and even decreases the risk of heart disease.

- **Eat healthy, exercise, get plenty of sleep and drink plenty of water.** A healthy, rested person can process stress easier than a tired person with an unhealthy diet full of chemicals, fat and sugar. A healthy lifestyle is not only good for your body; it's good for your outlook on life!

- **Floss and brush your teeth twice a day.** Clean, healthy teeth give you confidence to smile!

- **Whiten your teeth.** Stained teeth from smoking or coffee drinking can make us hesitant to smile. Whitening your teeth is a wonderful way to boost your confidence! Ask our office about your whitening options today.

## New Insurance Option for Individuals

### BCBS Offers a new PPO Insurance for Individuals

We are excited to announce a new PPO insurance plan that is being offered through the trusted company Carefirst Blue Cross Blue Shield designed especially for the individual with no dental insurance!

This is exciting, because in the past the only type of dental coverage our patients could get as an individual have been types of insurance we do not accept in the office.

Now you and your family can be covered by affordable dental insurance, PLUS still visit your dental home of Dr. G!

Find out more information here: <http://www.dentalmaryland.com>.

## OUR MISSION

To be truly modern, today's dentistry should meet all of its patients' expectations. It should offer the most personalized care possible, in an attractive and comfortable environment. It should be dedicated to its patient's dental health, offering all the latest

dental techniques and procedures. It should use advanced technology to create a beautiful mouth and a perfect smile for each patient, all while reducing any possibility of pain. It should accomplish all of this with friendliness, thoughtfulness and professionalism.

At our practice, we strive to achieve the ideal in modern dentistry. Our goal is to create a dental practice that is ideal for our patients, where each staff member is a highly-trained dental professional. A practice so agreeable that you feel cared for before you even sit in the chair overlooking downtown Baltimore. We are a practice that makes it possible for your dental dreams to come true, sculpting a smile that is second to none.

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