

**Mirelez Dental**

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**FIRST CLASS**

# HAPPY VALENTINE'S FROM MIRELEZ WELLNESS DENTAL!



**Happy New Years to all of our patients, from  
Mirelez Wellness Dental**

We hope that 2012 will be a great year for us all. As we enter the new year, changes in our lives, schedules and routines can occur. Unfortunately that can include things that we don't enjoy doing, like updating information here at Mirelez Wellness Dental. Having all current information is vital for optimal care and safety of our patients. We pride ourselves on being a progressive and current office that provides the best care, and it is necessary for our patients to provide updated health histories on a yearly basis.

Knowing these changes will allow us to make the best decisions for your overall health and dental needs. Even though this yearly request may seem inconvenient, it is our standard of care and we do appreciate your cooperation.

Thank You,

**Mirelez Wellness Dental**

PS,

Even if no health changes have occurred, we are still required to obtain a yearly health history update for your current file

*Día del Dentista  
(Day of the Dentist)*

In the Catholic religion, the Feast Day of the Patron Saint - Saint Apollonia is February 9th.

**Saint Apollonia** was one of a group of virgin martyrs who suffered in Alexandria under the reign of Emperor Philip. Under Philip's reign, Christians were persecuted prior to the persecution of Decius.

Apollonia was a young, virtuous woman of Christian faith and at the hands of persecutors, poor Apollonia was tortured including having all of her teeth violently pulled out or shattered. She was threatened with fire if she did not renounce her Faith. Apollonia chose to jump into the flames and died a martyr in the year of 249.

Saint Apollonia is considered the Patron Saint of dentistry. According to legend, because of her torture she is popularly regarded as the patroness of dentistry and those suffering from toothache or other dental problems.



# Ate Too Much Over the Holidays?

How to deal with post-holiday stress By [Paige Waehner](#), About.com Guide

When the holidays are over, you may find yourself searching for your most forgiving clothes as your body deals with the effects of a little too much food. Then there's the guilt, that mental wince when you remember that extra piece of pie or that giant glass of eggnog you wish you could take back in the cold light of day. Unfortunately, there's no way to un-eat what you ate, but you can do some damage control and get back on track for the new year, and you can do it without punishing yourself.

## Take Time to Rest

One reason we overindulge this time of year is stress. Elizabeth Scott, About.com's [Stress Management Guide](#), reminds us that the holidays can send stress-levels skyrocketing. "Too many activities, even if they are fun activities like baking, shopping and partying, can culminate into too much holiday stress and leave us feeling frazzled rather than fulfilled." In fact, holidays often force us into too much of everything -- too much eating, drinking, shopping and even too much togetherness with family members, which can lead to holiday burnout and, ultimately, more stress.

Just a few things you may experience after a holiday include:

- Headaches
- Muscle tension
- Trouble sleeping
- Depression
- Bloating or fatigue from too much fat or sugar
- Guilt from eating too much

Rather than let these feelings take over, use these ideas to deal with that post-holiday stress.

- **Get moving.** It may be the last thing you feel like doing, but getting the blood flowing is the perfect remedy for a food hangover. Think simple -- [walking](#), [light strength training](#), or [yoga](#). Even a few minutes can boost your mood and your energy levels.
- **Drink water.** That bloating you're experiencing could be due to an overload of salt, which can cause water retention. Many holiday favorites contain way more salt than the body needs, so drinking extra water can help you get rid of the extra bloat.
- **Eat light and healthy.** After eating too much, you may be tempted to declare, "I'll never eat again!" You may also be amazed that you're actually hungry after all that eating. Starving yourself, however, isn't the answer. Nibble on light fare such as salad, soup, sandwiches and fruit to give your body nutrients without overloading it with calories.
- **Make a plan.** One of the worst side effects of eating too much is the guilt that comes after. Guilt is sometimes inevitable, but you can use that feeling to motivate you into something better. Make a plan for the next few days for how you'll [get back on track](#) with your eating and exercise. Just the act of planning can make you feel better...just make sure you follow through.
- **Plan for the future.** Last, take some time to think about the mistakes you made this season and what you can do to avoid those same mistakes in the future. Doing this can also help you make good choices more consistently so that overindulgence isn't a frequent problem.

We all overindulge from time to time and, during the holidays, it's easy to get derailed from our healthy habits. Getting back on track right away is one of the best ways to deal with the stress and anxiety that comes from overindulgence. Each healthy choice you make is a reminder of your commitment to being healthy and fit all year-round.



## Losing a Tooth Soon?



***Did you know that teeth contain stem cells that could help protect your family's future health?***

**-Mirelez Wellness Dental is proud to announce that we are the 1st in town to offer this extraordinary service.**

Stem cells help the body renew and repair itself. When people hear "stem cells" they often think "embryonic stem cells", but there are also adult stem cells. For decades, doctors have quietly been using these noncontroversial adult stem cells from bone marrow or umbilical cord blood to treat diseases such as leukemia, and over 500,000 families have privately stored their child's umbilical cord blood for its potential medical uses in the future.

It turns out that there are also potent stem cells that live in the dental pulp (the meaty tissue inside teeth) and the periodontal ligament (the layer of tissue that keeps the tooth attached to the jaw bone). Scientists have called these stem cells "dental stem cells". Although they are found in or around teeth, these "dental stem cells" have the potential to be useful for a wide range of regenerative dental and medical applications.

The story of these stem cells from teeth goes back to a curious scientist at the [National Institutes of Health](#) (NIH). In 2000, Dr. Songtao Shi was researching stem cells from bone marrow. One day when his daughter was losing her baby teeth, he rushed one into his lab and found similar 'mesenchymal' stem cells inside.

Over the past 10 years, scientists and doctors have investigated many uses for dental stem cells such as for regenerating bone, repairing or building new teeth, and treating a number of serious conditions such as type 1 diabetes, spinal cord injury, muscular dystrophy, stroke and myocardial infarction (heart attack), repairing corneal damage, and treating neurological diseases like Parkinson's and Alzheimer's.

In 2009, dental stem cells were used successfully to regenerate jaw bone in the clinic and to treat periodontal disease. In 2011, scientists showed that dental stem cells can create islet cells, similar to those in the pancreas, which produce insulin in response to glucose levels – suggesting that dental stem cells may someday play a role in treating type 1 diabetes.

### ***Why preserve stem cells from teeth?***

Dental stem cells are easy, convenient and affordable to collect – since stem cells can be harvested from any healthy tooth. We all lose 20 baby teeth from about age 7 to 12, then many of us have teeth pulled for braces, and our wisdom teeth extracted when we reach our late teens or early adulthood. So we ask, is there a better use for teeth that come out than to put under the pillow for the Tooth Fairy? Yes, the stem cells inside may hold the promise for a range of very interesting potential uses in the future.

The American Association of Pediatric Dentistry issued a [policy statement](#) on dental stem cells in 2008, in which they acknowledge the potential utility of these cells, as long as they are properly collected and stored. The AAPD recommends that dentists stay abreast of new developments in stem cell science, that they inform their patients about the potential for regenerative dental and medical applications using dental stem cells, and that they work with quality providers of stem cell preservation services to ensure that stem cells are properly collected, transported, tested, processed and cryopreserved.

### ***Mirelez Wellness Dental now offers Store-A-Tooth™, the leader in dental stem cell banking.***

Store-A-Tooth offers a second chance for parents to store their children's stem cells in a simple, convenient and affordable way. Banking dental stem cells now could help protect your family's future health. You'll be prepared to take advantage of future breakthroughs in stem cell research and 'regenerative medicine' – which may provide new treatments for conditions such as diabetes, spinal cord injury or Parkinson's.

"In only 10 years, we've seen research into dental stem cells grow exponentially. Our mission is to help educate families about dental stem cells, especially those that may be affected by serious diseases such as type 1 diabetes or muscular dystrophy. We want parents to know that it's relatively easy and affordable to preserve the stem cells in their children's teeth and that these cells hold the potential to be used in a number of future applications," said Dr. Peter Verlander, Chief Scientific Officer of Provia Laboratories. Dr. Verlander left his post at Harvard Partners Center for Genetics and Genomics to help launch Provia Labs, which provides the Store-A-Tooth service.

Before baby teeth come out or wisdom teeth are extracted, please take a moment to learn more about dental stem cell banking to see if this service is something you want to do for your family.

To learn more, ask about Store-A-Tooth at your next visit or visit our website at [www.MirelezDental.com](http://www.MirelezDental.com) and click on **Store-A-Tooth icon**.



# LOVING TIMES!



**We appreciate you and your comments very much! Thank you for allowing us to continue to do what we love :)**

#### **Glad I found Dr. Mirelez**

I am terrified of the dentist. Through horrible past experiences as well as a history of facial pain, I was really nervous about my appointment. But Dr. Mirelez and his staff were knowledgeable and kind. I decided to do sedation and I was very pleased with the experience. I was completely awake and yet very relaxed...I would definitely utilize this method again. **A.S.**

#### **Friendly and Professional**

The whole staff, from the receptionist to the dentist, are very friendly and professional. My dental appointments was way less stressful than with other dentists in the past. **K.W.**

#### **Experience with Dr. Mirelez and Staff**

I was amazed to see such a warm environment, with such nice and accommodating office staff, and doctor. You go beyond & exceed the normal medical office setting & I enjoyed my visits. **S.E.**

#### **Super Professionals**

I've been going to Dr. Mirelez's dental office since he opened, and every visit has been pleasurable - and we all know how we don't like going to the dentist. This isn't the case with Dr. M - he and his staff are excellent - treating your fears with care. The ladies in the front office are a intricate, super welcoming, and departing part of the mental care - they are so pleasant and helpful. Ken, as a dental hygienist is the best in town. Yes indeed, these professionals have it together for the care of each and every patient. **S.K.**

## *Dental Facts!*

- Did you know that each person's tongue print is unique?
- 50% of people say that a smile is the first feature they notice about someone!
- According to a "Time Magazine Survey", 59% of persons would rather sit in a Dentist's chair than sit next to someone on a cell phone!
- The mammal that has the most teeth is the long snouted spinner dolphin with 252 teeth.

## **Happy New Year! Some Dental Resolutions for the New Year!**

Happy New Year to everyone! May it be happy, healthy and prosperous!

Mirelez Wellness Dental wanted to share some dental resolutions that could be implemented with a little effort to ensure a great smile for the New Year:



1. **Brush 2 minutes twice a day** - It really does take that long to clean the majority of surfaces in your mouth decently.
2. **Floss**...yes, I know you tend to do it before dental appointments. However, 40% of your teeth are not being cleaned if you don't do it and a substantial percentage of cavities start in those areas
3. **Clean your tongue**. A couple of quick swipes on the tongue is usually enough.
4. **Reduce your intake of candies/sweets**: it will reduce the incidence of cavities, improve your blood sugar and weight.
5. **Drink more water**. In moderation, this a great thing, especially after staining drinks like coffee, tea and wine. Want to reduce all that coffee/tea stain between hygiene appointments? Take a sip or two of water after you finish your drink.
6. **Regular maintenance appointments**. Seeing Dr. Mirelez for a checkup and cleaning is truly the dental version of the oil change. Prevention is always the best option.

Get things fixed while they are small (don't procrastinate). Dentistry seemingly operates on an exponential cost scale as things get more involved and complex.

**Lisa Chavira, RDH  
Mirelez Wellness Dental**