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Hours:
 Mon-Thurs 8:30am-5:30pm
 Friday 8:30am-1:00pm

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Stay healthy and get involved in the VB community with these exciting events!



“Spring” Into Oral Health!

As winter gives way to spring many of us take stock in what we have and get our proverbial houses in order. For some, it’s a literal “spring cleaning.” This is also a great time to start fresh again with good habits for oral health. For instance, did you know you need to brush not just two times a day, but for two minutes each time? Most people brush for just 48 seconds. Up the ante by setting a timer on your phone, or use an egg timer to keep you on target. Did you know that nail biting can cause dental problems and headaches? According to an article in



the Delta Dental publication, “Grin,” nail biting has been linked to oral health problems such as teeth grinding and jaw clenching, which can lead to facial pain and sensitive teeth. Try keep your nails neat, removing jagged edges and ragged cuticles to lessen the temptation, and use a clear, bitter polish too. And finally, if the winter weather has made your smacker less supple, forget the lip balm and add water! That’s right, drinking more water hydrates your skin (and lips) from the inside out. You can also limit your caffeine and alcohol consumption and sleep with a humidifier in your room, too.

Around Town

Spring is teeming with fresh, fun events for you and your family to get out and enjoy! Here are just a few you might want to consider!



March 2
 Dr. Seuss’ Birthday Celebrations, held at all Virginia Beach area library branches.

March 10
 Ukrainian Egg Painting, Virginia Beach central library, 10am

March 15-17
 Shamrock Marathon & Operation Smile Final Mile, held annually at the Virginia Beach Oceanfront, check www.shamrockmarathon.com for registration information.

March 17
 Saint Patrick’s Day!
 March 20
 Spring Begins!

March 23
 Fundango Kids Festival, 2866 Virginia Beach Boulevard, 10am. A unique event showcasing traditional marionette puppets and interactive shows for all ages.

March 31
 Easter Sunday
 April 1-5
 Virginia Beach City Public Schools Spring Break

Tooth Loss & Dementia

Did you know that people who retain the ability to chew are less likely to develop dementia? Results of a study published in the October 2012 Journal of the American Geriatrics Society show a link between having

no teeth and losing cognitive function more rapidly. The action of chewing makes more blood flow to the brain. People with few or no teeth will chew less resulting in less blood flow to the brain. Luckily, Dr. Dooley is

a prosthodontist, specializing in the replacement of teeth. If you're missing teeth, a dental implant, bridge, or full or partial dentures could help you stay in better health overall. Let us know how we can help you.

We're on the web,
www.drdooleydental.com

Witchduck Office News

Changes are coming to the Witchduck Road area, and that will mean changes for us.

As most of you are aware, a widening and improvement project is scheduled to migrate to the area north of 264 late this year or early next year. Plans for the area include the relocation of ramps, a retention pond and roadway widening.

Because no start date has been made public, building management has initiated a few noticeable improvements we hope you'll appreciate.



We want to express sincere appreciation to our patients for being so "patient" with us!



New carpeting and fresh paint now greets patients and dancers entering our building, and a good power washing has freshened up the exterior. Thank you to the patients inconvenienced on the days work was taking place!

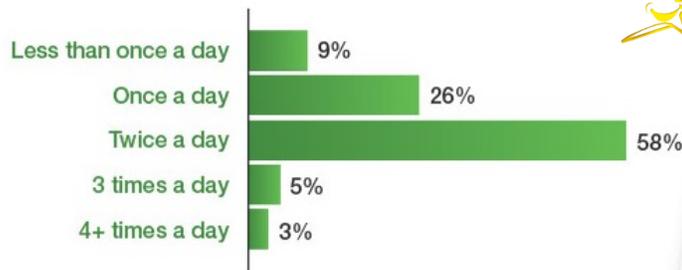
That said, we are running "business as usual" until we have further information on a time frame. We will employ all means of communication to let you know where we land! Our contact information will not change..

TOTAL CARE
DENTISTRY



by the numbers

How Often Does Your Child Brush His or Her Teeth?
(among children who have teeth)



Sample Size: 838

Source: Delta Dental Children's Oral Health Survey, 2011

Total may not appear to add due to rounding.

After your next visit with Dr. Dooley, please take a moment to complete our online survey! Results are a useful tool for us and new patients!



March Birthdays

Cara
David
Mary
Diamond
Rebecca
Kristin
Patrick
Christopher
Pat

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