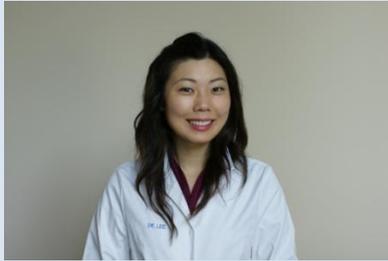


## Summer Newsletter from Premier Dental Associates, Dr. Rita Kutsikovich

Free Fluoride treatment  
with your cleanings! Just  
say you read newsletter



### Dr. Elisabeth Lee,

Dr. Elisabeth Lee recently relocated to Cleveland, Ohio with her husband and dog. She attended Johns Hopkins University for undergraduate school and went to the University of Maryland for dental school. Following dental school, she also received additional training at a general practice residency program at St. Vincent Charity Medical Center in Cleveland, Ohio.

Outside from dentistry, Dr. Lee enjoys practicing her guitar and taking dance classes with her husband.

Dr. Lee is excited to offer FastBraces at our practice, as she is one of the few Dentists in the country that have been certified to provide such a convenient alternative to braces.

**NOW AT OUR OFFICE YOU  
CAN PURCHASE LATEST  
VERSION OF ORAL B  
ELECTRIC TOOTHBRUSH  
WITH BLUETOOTH SENSOR  
FOR \$99**

WE ARE VERY EXCITED TO INTRODUCE  
THE NEW ADDITIONS TO OUR GREAT TEAM.



**Karen** is the front desk coordinator, and she is constantly bringing her own approach and creativity to the dental industry. Outside from her outstanding customer service she goes above and beyond to help patients optimize their insurance. Dealing with insurance companies is a skill that Karen hands down, is the best of the best. Her role extends to a multitude of duties, all of which make Premier Dental the best choice for the overall patient experience. *“Every day I look forward to coming to work. Not only do I love the doctors and staff here, I can honestly say that no two days are alike and the challenges are extremely rewarding.”*

## Summer Newsletter from Premier Dental Associates, Dr. Rita Kutsikovich

### DID YOU KNOW, THAT!!!

*Unless food is mixed with saliva you can't taste it*

*An ostrich's eye is bigger than it's brain (don't let it happen to you!)*

*A one minute kiss burns 26 calories*

*Wearing headphones for just an hour will increase the bacteria in your ear by 700 times*

*Everyone has a unique tongue print...*

### Tongue piercing, what you should know

Your tongue is very important. You need it to eat and taste your food, to talk, to swallow and to protect your throat. Why that tongue piercing is so popular? I read tons of articles by those who perform piercings and by those who have it done. However, none of those articles convinced me that tongue piercing is absolutely 100 % safe. Those who perform that “torture” to people have some kind of “certification” that permits them to do that procedure...seriously, do they know anything about anatomy? Do they know all about the nerves, muscles and blood supply that your tongue is filled with? So if you decided to pierce your tongue, please read the following:

Tongue and lip piercings can cause multiple issues in your mouth.

1. The barbell of the tongue piercing can cause cracks, breaks, and fractures of the teeth, which then would need crowns, fillings or possible extractions. Tongue or lip piercings can cause gum defects (receding gums) that will have to be

fixed by performing gum graft surgery.



2. Major blood vessels connect the tongue with the brain and other areas. Damaging such blood vessels can cause infection which can spread to vital organs of the body, such as the brain, which in severe cases can even kill a person



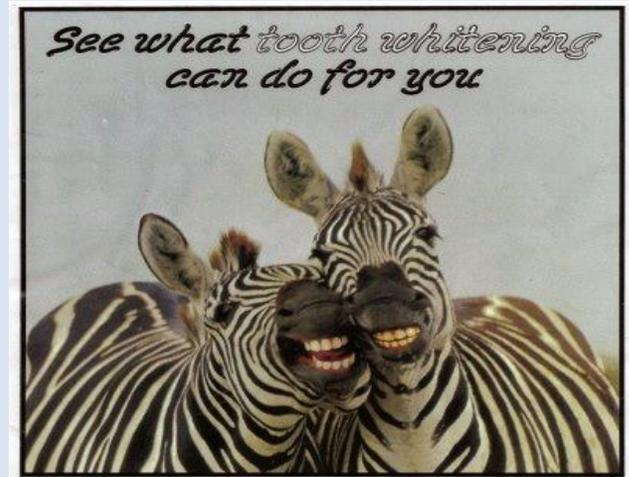
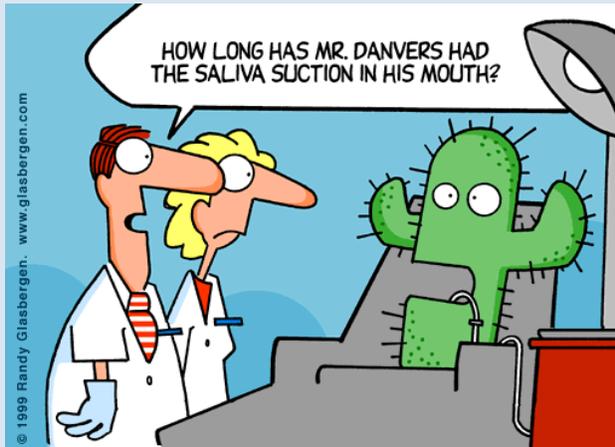
This is infection.



This Girl had a brain abscess after tongue piercing...

3. **Now ask yourself...IS IT WORTH IT?**

## And more dental humor!



### **Food for the Thought:**

Be who you are and say what you feel  
because those who mind don't matter  
and those who matter don't mind.

– Henry David Thoreau