

Amazing-Our Patients!

Central Park Dentistry currently has active patients in 41 states. This is an astounding number. To us, it speaks volumes about the patients experience at Central Park Dentistry, and the trust you have in us. We truly appreciate the choice you are making to allow us to care for you!

Celebrating 20 Years at Central Park Dentistry



March 2013 marks 20 years for Dr. Jay Lala. In this time, with his leadership, the practice has grown into a three doctor office. He has attracted an amazing staff, and truly takes pride in the services and care they provide. He has had many professional accomplishments. He upholds an extremely

high ethical bar. But what Jay treasures the most over his 20 years is the numerous patients he now calls friends. Please congratulate him the next time you are in! Congratulations, Jay!

Smile, It's Good for You!

Smiling is a great way to feel good fast. But did you know it can also make your body function better? According to a study at the University of California School of Medicine, a healthy attitude with a strong dose of smiling improves your health, stress levels, and longevity. Here's why:

Smiling Changes Our Mood. Smiling helps trick the body into helping you change your mood.



Central Park Dentistry Staff-Spring 2013

Smiling Boosts Your Immune System. When you smile, you are more relaxed, which helps your immune system function more effectively.

Smiling is Contagious. When someone smiles, they light up the room and help change the mood of others.

Smiling Feels Good. Studies show that smiling releases endorphins, serotonin, and natural painkillers – three powerful tools to boost your mood.

Smiling Helps You Stay Positive. A healthy attitude helps beat the blues.

Smiling Lowers Your Blood Pressure. When you smile, you create a measurable reduction in your blood pressure.

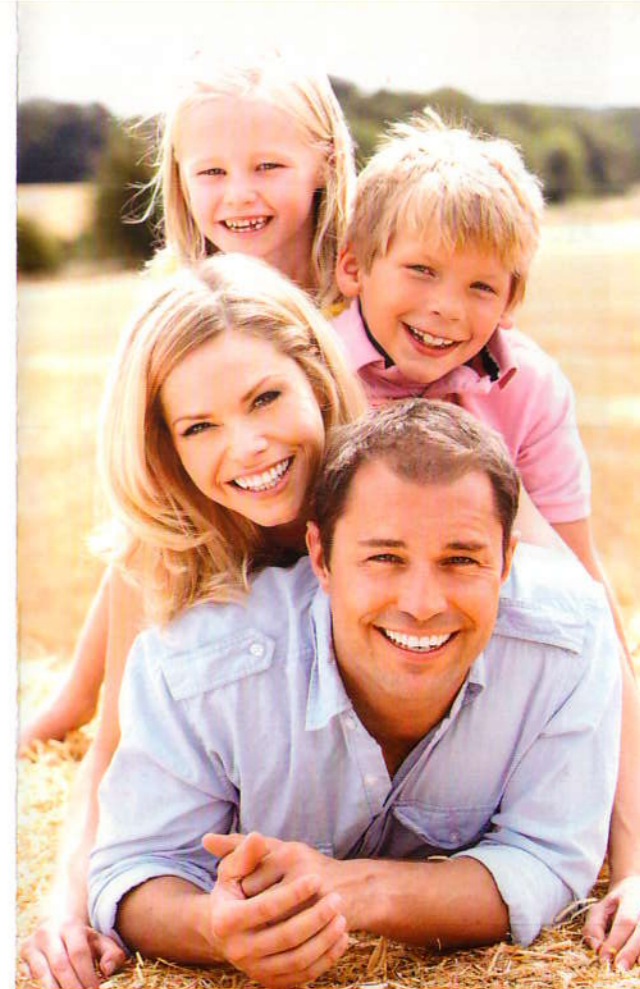
We have a newly updated website! Please check us out at: www.centralparkdentistry.com

We are now on Facebook! **Like us at:** Central Park Dentistry of Mason City, Iowa



Central Park Dentistry
23 North Federal Avenue
Mason City, IA 50401

"Making Your Visit a Walk in the Park"



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Introducing Dr. Dyala Aboud!



On behalf of Dr. Jay Lala and Dr. Matthew Hansen, along with the staff at Central Park Dentistry, we would like to introduce Dr. Dyala Aboud to our practice. Dr. Aboud grew up in Pittsburgh, PA. She received a Bachelor's Degree in Neuroscience at the University of Pittsburgh

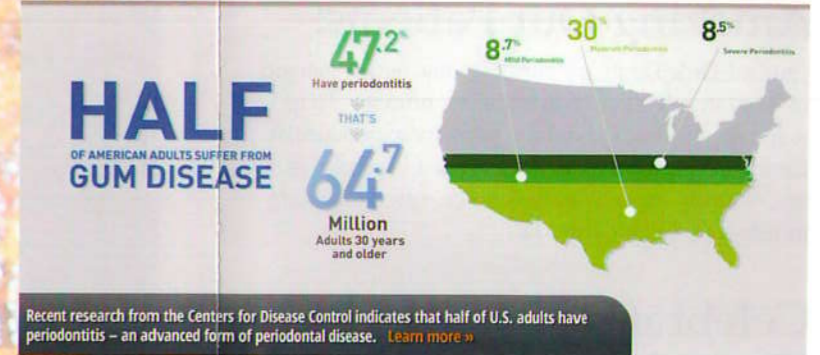
in 2004 and then was accepted at the University of Pittsburgh Dental School where she graduated with her DMD. During her years of dental school Dyala was engaged to Manhal (Manny) Tannous who was a resident of Mason City at the time working as an internal medicine physician. After graduating dental school Dyala and Manny married and moved to Richmond, VA where they both furthered

their professional training. Dr. Aboud completed two years of advanced training in General Dentistry at the VA Hospital in Richmond and was Chief Resident. Her husband, Manny, completed a three year fellowship in Gastroenterology. During this period, Dyala and Manny had two children Daniel (3 ½ years) and Elissa (1 ½ years). Once their training was completed they decided to move back to Mason City to raise their family. Now with their children, Dyala and Manny enjoy spending time with their friends and families. They have joined the Greek Orthodox Church and participate in as many events as they can. They love to travel to new destinations with their children, but especially love to visit Pittsburgh as often as possible to see family.

Dr. Aboud is working at Central Park Dentistry on Tuesday's from 9:00 am to 5:00 pm and Friday's 9:00 am to 1:00 pm, with expanded hours coming in the near future. Appointments can be made with Dr. Aboud by calling 641-423-4225.

Periodontal Disease

One out of every two American adults age 30 and over has periodontal disease, according to recent findings from the Centers for Disease Control and Prevention (CDC). The findings from this study, published in the *Journal of Dental Research*, estimates that 47.2%, or 64.7 million American adults, have mild, moderate or severe periodontitis, the more advanced form of periodontal disease. In adults over 65, prevalence rates increase to 70.1%. Unfortunately, previous studies may have underestimated the prevalence of periodontal disease by as much as 50%. *This 2009-2010 study is the first study to use full mouth periodontal evaluation, making it the most comprehensive study to date.*



Periodontal disease is a chronic inflammatory disease that affects the gum tissue and bone supporting the teeth. If left untreated, periodontal disease can lead to tooth loss. Research has also shown that periodontal disease is associated with other chronic inflammatory diseases, such as diabetes and cardiovascular disease. We screen for this at every appointment with a hygienist, and record any changes every time to keep on top of your oral health.

"The highest compliment our patients give us is the referral of their friends and family.

Thank you for your trust!"