





Happy New Year!

We hope everyone had a safe and fun holiday season, we sure did!!  
Now that the kids are back to school and the adults are back to work,  
make sure everyone's brushing habits are up to par!

A note from Dr. Ro,

As we enter a new year filled with resolutions, quitting smoking still poses a challenge to the dental community. We have seem a movement amongst young adults into the electronic cigarette world as an alternative to traditional smoking. We don't know what the long term risks will be however I am seeing various consequences here in our practice with patients of all ages. I am enclosing a ling to the American Dental Association Foundation that can hopefully educate us and keep us aware of how this can affect people directly or indirectly. The research is currently inconsistent, however findings change daily and we will be sure to pass any information along.

Dr. Ro

[https://www.adafoundation.org/-/media/ADA\\_Foundation/Files/ADA-Foundation-VRC-Vaping-Research-and-Health.pdf?la=en](https://www.adafoundation.org/-/media/ADA_Foundation/Files/ADA-Foundation-VRC-Vaping-Research-and-Health.pdf?la=en)

**Shrimp Stir-Fry!**

Prep Time: 30 Mins Bake Time: 8 Min

**Ingredients**

- 1 Tablespoon Butter
- 1 Tablespoon Olive Oil
- 2 Pounds Jumbo Shrimp
- 4 Garlic Cloves, Minced
- 2 large Zucchini, diced
- 2 large ears of corn
- 3/4 cup red grape tomato sliced in half
- Freshly ground pepper and salt
- 12-18 fresh basil leaves
- Juice of 1 lemon
- Parmesan Shavings
- Rice or Pasta optional for serving

**Directions**

- Melt the butter with the olive oil in a large skillet over a medium-high heat. Add the shrimp and garlic, then saute until the shrimp are opaque, about 3 minutes. Remove the shrimp to a plate.
- Increase the heat to high, then throw in the zucchini. Stir it around for about 45 seconds, then scoot the zucchini to the edges of the pan. Throw in the corn and cook it for a minute, then push it to the edges of the pan. Throw in the grape tomatoes, stir them around for a minute, then sprinkle on some salt and pepper to taste.
- Then throw the shrimp back in. Stir everything around for about 45 seconds, or until it's all combined and hot. Then pour it onto a big platter.
- Sprinkle on the fresh basil and some Parmesan shavings then ... this is the best part ... squeeze the lemon all over the top. This adds a wonderful, indescribable freshness.
- You can serve this with rice, with pasta or it's just perfect on its own.



**Insurance!**

Many insurance's reset as of January 1, please contact the office if you have had a change of insurance prior to your next appointment.



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