

# Deciding on New Decisions in December and the New Year

**Guilderland, NY** - The holidays and 2020 are right around the corner as well as deciding what your New Year's Resolution's will be. You may be thinking that it is going to be the year to shed those stingy 10 pounds, by eating healthy and joining a gym, or you are going to finally donate or throw out the items in your house that never get used. You may also be thinking that I will stay on top of my dental checkups and cleanings. Dental checkups and cleanings are important so that minor issues do not end of becoming major ones. So, as the year flies by and we reflect on what New Year's Resolutions we fulfilled or did not get to, let 2020 be the year of fulfillment no matter what! Set reasonable goals, with maybe a challenge or two about how we can better ourselves for the new year.

As 2020 nears, I reflect about all of the decisions I have made this year and review the goals I set for myself in 2019 to continue to better myself as a dentist. I set a goal to attend and graduate from the University of North Carolina's Residency Program for Dental Sleep Medicine, which I successfully accomplished. This program enabled me to help my patients in my own dental practice that have a sleep breathing disorder by creating an oral sleep appliance to open their airway, and help them to get a healthy, restful night's sleep. By furthering my education in Dental Sleep medicine, I know I am adding years onto my patients' lives since there is a correlation between a sleep breathing disorder and many other systemic diseases, including heart disease. I also set out to help my patients that would like to straighten their teeth and smile without hesitation, by offering my Invisalign and Advanced Whitening Services. I'm always keeping up to date with the new techniques, technology and beneficial ways I can be the best at my dentistry by attending monthly dental conferences and webinars, so I can keep my patients well informed about their health and dental wellness. I have an amazing, friendly dental team to support my visions and educate our patients which makes my practice stand out as having exceptional qualities. I'm thinking about my new goals and decisions for December and the New Year and staying dedicated to the overall health and wellness of all of my dental patients. I cannot wait to share these with you in December and the year 2020.

Refer a friend or family member to Oshins of Smiles and be entered in a raffle to win a Free Sonicare Toothbrush.

**Mention code: 2020**

I thank you for continuing to read my monthly articles and spreading the word to your family and friends about my practice and all that I do.

I wish for all of you to have an amazing and safe Holiday Season and a very Happy New Year!

With Oshins of Smiles, Dr. Steven Oshins DDS

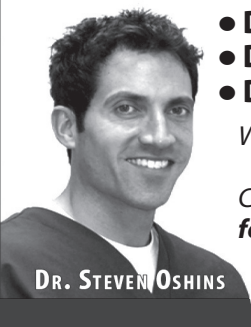


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