



Advanced Dentistry of Collegeville Newsletter

May 2009

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Dear Friend,

To celebrate the month of May, our office is having a dental awareness campaign to further introduce and educate people in our community about dental health. We also our now offering 24 month interest free financing for any treatment \$3000 or more. Please call today for details! Our team is excited to reach out and help tell people about dental health maintenance!

Note From the Dentist

Sleep Apnea: Are you or your loved one snoring through the night? Does interrupted sleep cause you to be moody or stressed out? **Sleep apnea** is one of the most undiagnosed and serious conditions. Studies show that 50% of people who snore are at risk of sleep apnea. **Sleep apnea**, a condition in which breathing stops for periods of 10 seconds or longer, can interrupt deep sleep that makes people feel rested. Non-surgical dental appliances have proven more effective than surgery for many **sleep apnea** patients. In a matter of three visits, Dr. Silva can make you a custom appliance that's comfortable and natural fitting. .

Mother's Day Strawberry Shortcake Jellies

FOR THE STRAWBERRY JELLY

- 1 pound plus 2 ounces strawberries, hulled, and quartered if large (about 2 1/2 cups) plus more for serving
- 1/2 cup plus 3 tablespoons cold water
- 1/4 teaspoon coarse salt
- 1 tablespoon plus 1 teaspoon fresh lemon juice (from 2 lemons)
- 1 3/4 teaspoons unflavored gelatin (from one 1/4-ounce envelope)

FOR THE PANNA COTTA

- 2 cups whole milk
- 1 cup heavy cream
- 1/4 cup sugar
- 1 vanilla bean, split and scraped, or 1 1/2 teaspoons pure vanilla extract
- 2 1/2 teaspoons unflavored gelatin (from two 1/4-ounce envelopes)
- 3 tablespoons cold water

• [Sheet Pound Cake](#)

Directions

1. Make the strawberry jelly: Puree strawberries, sugar, 1/2 cup water, and salt in a food processor. Press through a fine sieve into a bowl. Stir in lemon juice (you should have 2 cups liquid).
2. Sprinkle gelatin over remaining 3 tablespoons water, and let stand until softened, about 5 minutes.
3. Heat 1/2 cup strawberry puree in a small saucepan over medium-high heat. Add softened gelatin, stirring to dissolve. Stir into remaining strawberry puree. Divide among 8 six-ounce rounded teacups. Refrigerate until almost set, about 1 hour.
4. Make the panna cotta: Prepare an ice-water bath. Stir together milk, cream, sugar, and vanilla seeds and pod if using, in a medium saucepan. Bring to a simmer. Remove from heat, and let stand for 10 minutes. Strain into a clean pan; discard pod.
5. Sprinkle gelatin over water, and let stand until softened, about 5 minutes. Bring milk mixture to a simmer. Add softened gelatin, and stir until it dissolves. Strain through sieve set over a bowl in ice-water bath, stir in vanilla extract if using. Let cool, stirring, until just beginning to set, 10 to 15 minutes. Divide among teacups.
6. Cut 8 rounds of pound cake to fit into the teacups, and place 1 inside each. Refrigerate until set, 8 hours or up to overnight. To serve, dip teacups in hot water for 15 to 20 seconds, until gelatin loosens, and invert quickly. Serve with fresh strawberries.

"He who waits to do a great deal of good at once, will never do any thing."

Samuel Johnson

Sincerely,

Dr Silva & Team
Advanced Dentistry of Collegeville

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Advanced Dentistry of Collegeville | 399 Arcola Rd., Suite 100 | Collegeville | PA | 19426