

fromthedentist

Sobering Statistics

Why annual oral cancer exams matter

By now you've heard us emphasize many times that the evidence linking gum disease to systemic diseases like diabetes and heart and stroke continues to grow. That's why we're so thorough at your checkups and focus on prevention and home care routines to maintain your oral health. Another important priority we'd like to stress is the need for regular oral cancer exams.

Recently, more than 25% of oral cancer victims have been under age forty and have none of the known lifestyle risk factors like tobacco, alcohol use, diabetes, or HIV. It has now been established that people can develop oral cancer through the *human papilloma virus* (HPV). Most types of HPV are harmless – skin warts for example, are very common. But some types that can be sexually transmitted have been linked to oral cancers.

If oral cancer is caught early, the five-year survival rate can be as high as 90%. If not, the rate drops significantly. You can help us by pointing out any abnormal condition you might have seen or felt in your mouth, even ones that seem trivial like a small canker or cold sore that just won't go away.

And because in its earliest most-treatable stages oral cancer usually causes no pain or discomfort, we will perform an oral cancer examination for all of our adult patients, from age 20, every year.

In good dental health,

Dr. Daniel Vaida

Mercury & Moms-To-Be

FDA concerned about silver fillings

For several years, pregnant women have been cautioned about the dangers of eating fish with high levels of mercury. Mercury readily passes the placental barrier and concentrates in the red blood cells of the fetus. At birth, infants are also susceptible to mercury exposure through breast milk.

Now the Food and Drug Administration (FDA) is concerned about mercury found in amalgam (silver-colored) dental fillings, saying the mercury may have neurotoxic effects on the nervous systems of developing children and fetuses. While the Canadian Dental Association believes amalgam fillings remain safe for patients based on many government studies and scientific reviews, the FDA is conducting a review of mercury contained in fillings, to be completed by mid-year 2009.

When amalgams are placed in or removed from teeth, they release mercury vapor; mercury vapor is also released through chewing. If you're interested in exploring the alternatives to dental amalgams, we'd be pleased to talk with you about composite fillings that resemble the natural tooth color.

Until the FDA report is completed, we encourage all of our pregnant patients to continue to see us and discuss options with us. Remember that dental care is particularly important during pregnancy because gingivitis and other oral health problems may be linked to pregnancy complications. We'll keep you posted as information is available.

And in the meanwhile, if you are expecting, be sure to get lots of sleep now... Life will soon be a little different!



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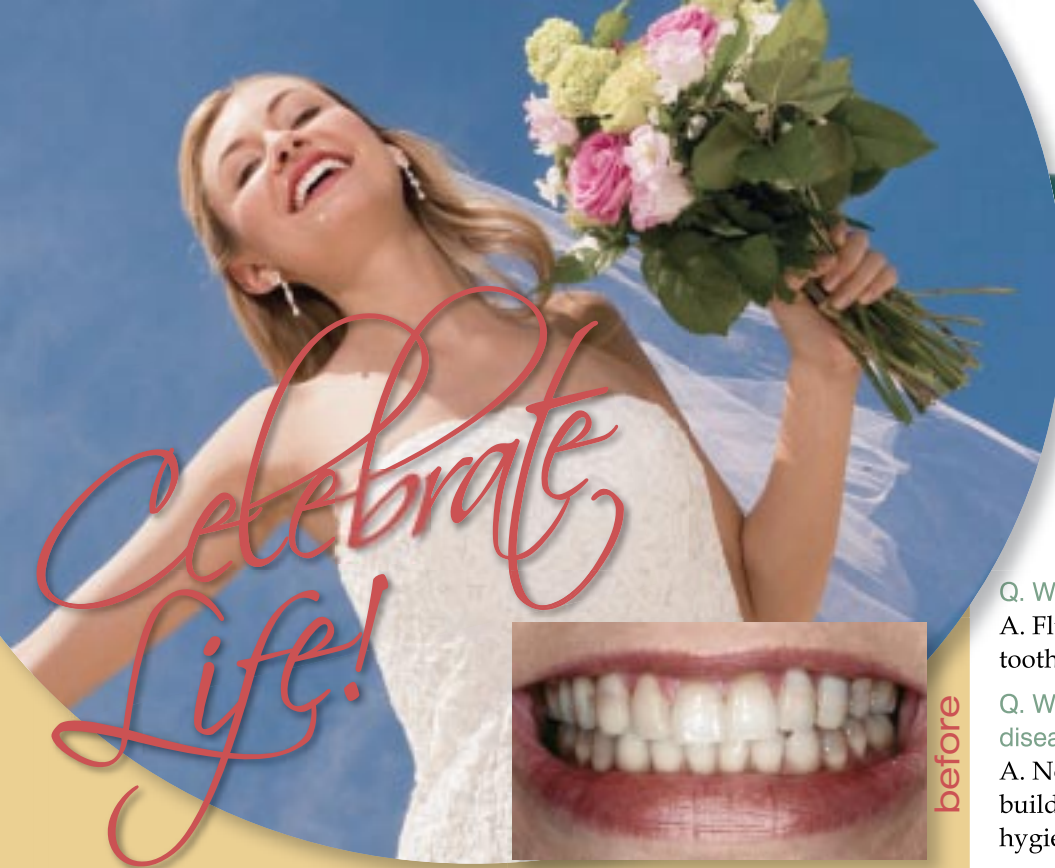


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For a limited time.

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for more details.



Celebrate Life!



before



after

Share your smile with the one you love!

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...

FAQtually Speaking

About toothpaste

- Q. What does fluoride toothpaste do?
A. Fluoride fights tooth decay and strengthens tooth enamel.
- Q. Will tartar-fighting toothpastes prevent gum disease?
A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.
- Q. Are whitening toothpastes okay for sensitive teeth?
A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.
- Q. Does *The American Dental Association* test toothpastes?
A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.
- Q. Do children's toothpastes need to taste good?
A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.
- Q. How often should I use toothpaste?
A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



Whitening Bonding
Tooth-colored inlays/onlays

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

Dental implants
Veneers Crowns

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how to avoid the Silent Disease

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

De-Escalate!

Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido**, **Tai Chi**, and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very doable, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!



Are You Protected...

Against contagious colds and flu in the dental office?

In the light of recent headlines about contagious diseases like H1N1, AIDS and Hepatitis, we thought it appropriate to let out patients know of the precautions taken in our dental office for everyone's protection. Most people don't realize that protecting patients from infection and cross-contamination has been a top priority for dentists a lot longer than these diseases have been in the headlines.

In our office we follow specific guidelines to make sure everyone is safe from infection. How do we do it?

The basic rule of thumb is cleanliness, disinfection, sterilization, and protective clothing. That means all surfaces are disinfected with high level germicidal cleansers before and after each patient. This cleanser provides complete disinfection of fungi, viruses and bacteria. Instruments that aren't disposable are scrubbed, cleaned and heat sterilized. Every instrument brought into a room must go through this process - even if it wasn't used! Waterlines have special valves and disposable parts to prevent contamination by disease.

Our staff takes special precautions as well. We maintain our instruments, provide masks, gloves, and eye protection for all staff. We provide additional space for infection control. We maintain the highest sterilization standards for all our equipment, including surface treatments for all exposed cabinetry.

We'll always be at the forefront of sterilization to meet the highest expectations of cleanliness.

If you have questions or concerns, please ask us.



office information

ProActive Dental Studio

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Office Hours

Monday 10:00 am – 7:00 pm
Tuesday 9:00 am – 6:00 pm
Wednesday 7:30 am – 4:00 pm
Thursday 7:30 am – 4:00 pm
Friday *closed*
Saturday 8:00 am – 3:00 pm*

* One Saturday per month

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Roberta.....Certified Dental Assistant
DonnaCertified Dental Assistant
Sherri, AmanHygienists
AlinaManager



White Smiles Forever

Free your smile!

In a recent experiment, subjects were shown pictures of smiling faces and asked to reproduce the expression as closely as possible. It appears that although subjects knew they were faking, their bodies did not! All the healthy bodily responses associated with the actual experience of joy accompanied the expression. When subjects smiled, they felt happier, and their bodies reaped all the benefits that joyfulness brings. In short, smiling is good for you!

We would like to bring your smiles out of the shadows with free whitening for life.

We will provide all the materials you need for a brighter, whiter smile – for life! You simply continue your regular re-care visits and we'll provide the smile! It's that simple. Give us a call and free your smile!

Your Referrals Matter

THANK YOU!

One of the things that our patients do - something that makes us feel great and confirms that you think we're doing a great job - is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals. We really do appreciate them!