

# Something To Smile About

**Drs. Jacqueline Rodgers & Lori Thornhill**

Produced for the Patients of Dr. Rodgers and Dr. Thornhill

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## fromthedentists

### Get A Buzz... For both folks!

This Mother's and Father's Day, instead of an electric shoe rack or an electric jar opener why not give Mom and Dad a gadget that they'll actually use, and at the same time improve their oral health?



Electric toothbrushes are nothing new, but the new models from Rota-dent®, Interplak®, Braun Oral-B™, and Sonicare™ really are effective in preventing and even reversing gum disease. Some of these models have interval timers and automatic shut-offs so Mom and Dad will brush for the recommended amount of time. WaterPik™ has produced mouth-cleansing products for years, and many are still bathroom fixtures. But how about an automatic flosser that offers a quick, easy, and gentle alternative to manual flossing?

Any gadget that helps your parents in their health care routine is a very thoughtful gift. Just think of it as another toy that buzzes!

*Yours in good dental health,  
Dr. Jacqueline Rodgers &  
Dr. Lori Thornhill*

*Creative  
Smiles  
Dentistry*

## Let DIAGNOdent™ Shine

### Catch problems before they begin

While lasers were at one time just material for science fiction writers, they've become a common part of our everyday life. They zap through your groceries, they open garage doors... and now they can detect wear and tear on your tooth's surface before it becomes a cavity.

DIAGNOdent™ is a revolutionary new dental laser tool that safely and effectively detects changes that might not be visible on a traditional x-ray, even below your tooth's surface. For example, Diagnodent can measure the natural fluorescence that is emitted by your teeth. Dental cavities actually present higher readings than healthy tooth tissue.

When this light source is directed at your tooth, anything unusual

about the tooth's surface – such as the beginnings of a surface breakdown, or the start of a cavity – causes a different type of light to be bounced back to the instrument. This light is transferred into an acoustic signal and the wavelength is then evaluated by the control unit. This lets us know what type of preventive treatment you might need. DIAGNOdent allows us to quickly catch what could later become a problem.

We want to ensure that every tooth remains yours for life, and that your visit to our office is comfortable and pleasant. DIAGNOdent is a unique development that will not only reduce your need for x-rays, it will catch problems before they even get started.



*An attractive smile makes a lasting impression!*

## FAQ



**How often should I brush my teeth?**

**A:** Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.



**My teeth are too close together to floss. What can I do?**

**A:** If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs – tape, thread, unwaxed, and shred-resistant.



**How do you floss wide spaces between teeth?**

**A:** You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.



**Should I use an oral irrigator?**

**A:** Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



## So Much In Common

About gum disease, diabetes ... and you!

*Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic.* This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ... is chronic ... epidemic ... and has been associated with chronic inflammation.

Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

## Grin & Bear It ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!



# Be The Best You Can Be

## Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

**Teeth whitening** is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

### For example...

**Create your dream smile** by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

**Update your look** by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

**Lead the pack** with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



## Crown Classics

### Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



# To Our Valued Patients

We opened our new practice in this terrific neighborhood 2 years ago to follow our dream – and we've never looked back. We rejected an impersonal clinical dental environment so that we could build relationships with our patients. We chose to establish a practice based on communication and community right here in Huntington.

By listening to our patients we experienced first-hand the satisfaction of building our practice to meet their needs by creating...

- a relaxing and welcoming environment;
- ease of access to excellent dental care;
- leading-edge technology designed specifically to increase patient comfort and to expand treatment options;
- distractions so that patients can relax instead of focusing on the procedures we're performing.

Compassion and respect for every client is a big part of our practice philosophy of delivering preventive, minimally-invasive dentistry. Paula our hygienist is a highly trained health care professional, as are Ligia and Winter our dental assistants. They will always maximize your comfort in the operatory. Donna and



Kate, our office administrators, will keep you smiling by simplifying and streamlining scheduling, insurance claims, and billing.

We are committed to keeping it simple. The happiness of our families, lifelong learning in our profession, and contributing to the well-being of our patients and chosen community are our clear priorities.

Our team would like to make your smile a priority. Please call we are looking forward to seeing you at your next appointment!

## officeinformation

**Dr. Jacqueline Rodgers**

**Dr. Lori Thornhill**

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### Office Hours

Monday 10:00 am – 8:00 pm  
Tuesday 2:00 pm – 8:00 pm  
Wednesday 8:00 am – 8:00 pm  
Thursday 8:00 am – 5:00 pm  
Saturday 8:00 am – 3:00 pm \*

\* Open every other Saturday

### Contact Information

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Web site  
www.creativesmilesophuntington.com

### Office Team

Donna, Kate.....Dental Administrators

Paula.....Hygienist

Ligia, Winter.....Dental Assistants

## Mental Floss II

### Test yourself!

Have some fun! Take a chance! Try our Mental Floss challenge! If you answer all of these questions correctly, we'll enter your name in a drawing to win a *Waterpik*®! Be sure to visit our web site [www.creativesmilesophuntington.com](http://www.creativesmilesophuntington.com) to post your answers by May 31st.

- The man who invented the mathematical principle of Divine Proportion that dentists use to create beautiful, balanced, esthetic smile makeovers is who?
- On average, how much money does the Tooth Fairy give to a North American child for every lost primary tooth?
- The Swiss are the greatest consumers of this product, and in the US alone, about 3 billion pounds of sugar annually (or about 8 million pounds a day) are used to enhance its flavor.

## Referral Rewards

### Everyone benefits!

They're here ... our brand new *Share A Smile* referral cards with a wonderful reward for you and your friend! When we receive this at your friend's first appointment, each of you will receive a gift certificate for \$25. We hope you will appreciate the gift certificate even half as much as we appreciate you. Bringing your family to our practice keeps us busy and progressive. Sending patients to us helps keep our practice growing.

And just because they know you, any patients you refer will get an added bonus! We're offering a Get Acquainted Special: a reduced fee for their introductory visit.

When your referral presents the card to us, we'll definitely ask them your name because we want to know who to thank for one of the best compliments we could ever receive!

Stop by the office to receive your referral cards.