



Something To Smile About

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

Summer 2008

from the dentists

Committed To You

Now and always

Summer is here! Even though this is the season of fun in the sun, we will still be here for you, working hard, all summer long! Have you ever wondered why we are so committed to continuing education and to leading-edge technology, procedures, and materials? You are the reason.

Your enthusiasm and commitment to our team and our practice is contagious and encourages your friends and family to come and see us. In turn, our healthy, bustling practice is the engine that generates our ongoing ability to invest time and money in excellence.

Please accept our gratitude for your support and commitment to our practice family ... and yours. It's been our privilege and pleasure to provide the highest standard of preventive dental and oral health care to you, our patient, your families, and your generous referrals. This issue we are focusing our newsletter on prevention and health for you and your family!

Yours in good dental health,

Dr. Lori Thornhill &

Dr. Jacqueline Rodgers

*Creative
Smiles
Dentistry*



Sweeten Your Smile...

With xylitol!

Imagine a sweetener that is widely distributed throughout nature, manufactured from natural sources such as birch trees, cane, corn cobs and stalks, fruits, vegetables, berries, mushrooms, and lettuce, and has the same sweetness as sugar (sucrose) but with *none* of the negative tooth decay or insulin-release effects of sugar! Now imagine that it can help prevent the development of oral bacteria and reduce tooth decay by up to 80%! Fantasy? Not at all! It's *xylitol*.

Pure xylitol, a white crystalline substance that looks like sugar, was discovered in the late 19th century. In the early '70s, the first dental significance of xylitol – its ability to prevent caries (cavities) – was discovered. Xylitol was approved

by the FDA in 1986. It has been proven to reduce plaque, reduce the secretion of plaque acids, facilitate the remineralization of tooth enamel, and even reverse existing cavities. It allows fluoride to penetrate teeth more easily, and has been recommended as a natural replacement for fluoride.

We now offer salivary testing in our office for bacteria levels as well as Xylitol-based chewing gums and MI pastes which help prevent caries. Because Xylitol has little effect on blood sugar levels, it is safe for use by diabetics and people who are hypoglycemic. Plus, it's a health regimen your children won't resist! Only 5-10 grams a day – about 3-5 sticks of xylitol-sweetened chewing gum – is effective! It's that simple.



Q What are cavities and how do they occur?

A Cavities are the destruction of your tooth enamel caused by eating foods high in starches and sugars. Oral bacteria mix with these foods to produce acids which eat away at your tooth enamel, resulting in cavities.

Dental Q&A

An attractive smile makes a lasting impression!



You'll like it!

Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

Prevention Is Better

Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

■ Preventable

You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

Gum disease can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



The Flossing Question

Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

LIFE STAGE

FOCUS

HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

What can affect your whitening outcome?

Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?



Ahh ... Summertime!

Which way to the beach?

As we breeze through the lazy, hazy days of summer, kicking back and swinging in the hammock can be made easy knowing that your dental checklist has been pulled together for you. And yes, that does sound like something a dentist would say! But seriously, with so many things to think about, it's easy for the details to get away on you.

Here are a few things to check off your list...

■ **Mouthguards** – Protecting your teeth from summertime sports injury is essential. What shape is your mouthguard in? Have your children outgrown theirs? Make sure your protection is in top-notch shape!

■ **Insurance Opportunities** – Your dental insurance will likely expire December 31st. Call now to make the most of your benefits this year. Summertime gives us an excellent opportunity to plan your treatment over the next six months.

■ **Back To School** – Book recalls for your kids now ... before school starts. And for college kids, ensure they see us before they end up too far away for care.

■ **Recare** – We're learning more and more about how healthy gums equal a

healthy body. Have you had a recare appointment in the past six months?

■ **Esthetics** – Whiten, brighten, and shine up your smile for those summertime photos! Ask for a personal cosmetic consultation!



Referral Rewards Everyone benefits!

They're still here! Our *Share A Smile* referral cards with a wonderful reward for you and your friend! We will be sure you receive your card at your next visit then you can pass it along to a friend. You and your friend will receive a \$25 gift certificate of your choice when they book their appointment. We hope you will appreciate the gift certificate even half as much as we appreciate you. Bringing your family and friends 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.

officeinformation

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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

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Office Team

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Ligia, Winter Dental Assistants

Dental Trivia III

Did you know...

■ The first toothbrush with bristles was developed in China in 1498. The bristles were taken from hogs, and later horses and badgers. Nylon bristles were introduced in 1938 by Dupont.

■ In Vermont, it's illegal for women to wear false teeth without the written permission of their husbands.

■ The tooth is the only part of the human body that can't repair itself.

■ Most tooth loss in people under 35 years of age is caused by athletic accidents or fights. The cause of most tooth loss in people over 35 is periodontal disease.

■ Fifties heart throb James Dean had no front teeth! He wore a bridge.

■ A common loose tooth remedy from ancient times? Tie a frog to your jaw.