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Calling all

smiles



Produced to improve your dental health and awareness

Winter 2010/2011

fromthedentist



Another year gone by!

Thanks to your suggestions about recycling we have discontinued giving out plastic water

bottles. On a similar theme, I have changed the dental suction system from a water motor to a dry motor which will use 180 gallons less of water per hour. We are researching other eco-green friendly ways to improve our care and help the environment. Did you know this newsletter is printed on recycled paper?

I am taking several courses this winter over the internet. I can ask questions and have them asked live during the session. All from the comfort of my desk while the snow blows around outdoors.

Best Wishes for health and happiness in 2011.

John D Jeffrey DDS

turnthepage

Tips to tread lighter!

Sugar isn't so sweet after all...

Is your child sleeping with ease?

From our family to yours



All the best for



Thank you for all your referrals. We appreciate them!



Out Of The Woods

The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

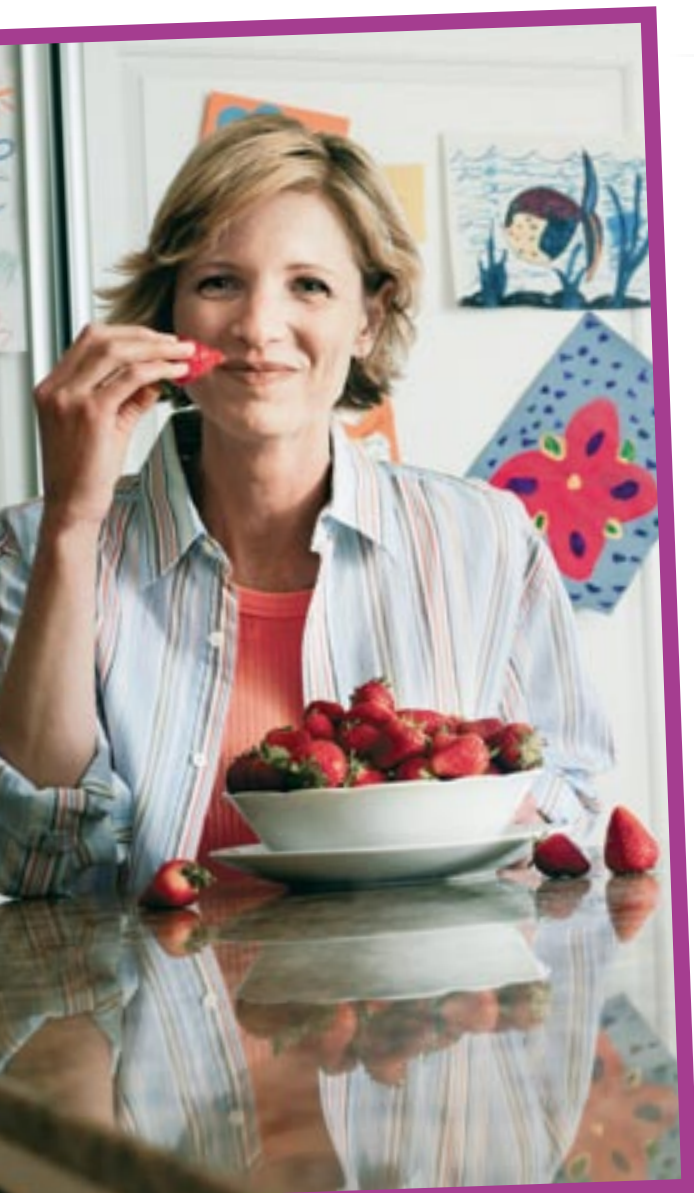
Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



An **Inflammatory** Topic

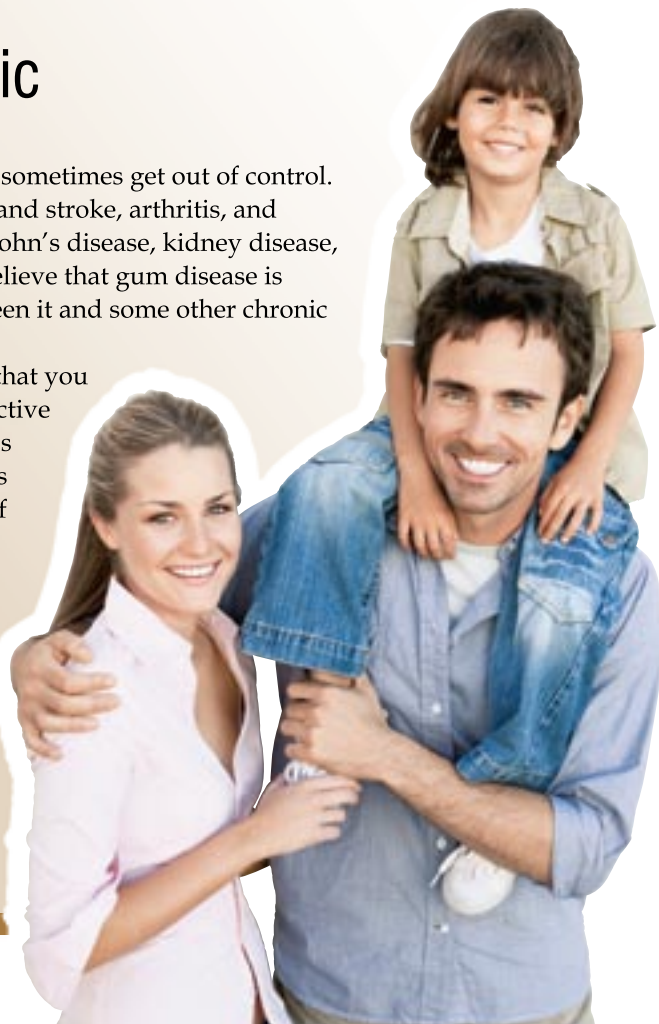
Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



While They Sleep

3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

Invisible Strategies

Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

White fillings can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

Enamel-colored sealants offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

Invisible orthodontics are available in several types: clear aligners, lingual, and clear ceramic.

White bonding material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



The Workout Wonder *Sip this and stay hydrated to win!*

No matter what the commercials tell you – sweating can be a good thing. It's the way your body regulates your temperature. That's why adequate fluid intake while working out is essential to your comfort, proficiency, and wellbeing. The longer and more vigorously you exercise, the more important it is to drink fluids at regular intervals.

Waiting until you're thirsty isn't the answer – studies show that even seasoned athletes underestimate their fluid requirements. When dehydration occurs, there is a drop in blood volume, so the heart works harder to move blood through the bloodstream. This can cause muscle cramps, dizziness, fatigue, and even heat stroke and exhaustion.

Where do sports drinks come into the picture? Well, unless you're exercising in extreme conditions or in a marathon, it's unlikely you'll need to drink one to replace electrolytes.

In fact, sports drinks can do more harm than good. Prolonged exercise with decreased saliva flow can make your enamel more vulnerable to the phosphoric acids they contain.

Erosion of your tooth enamel creates tooth sensitivity, grooves, or notches in the sides of the teeth, worn down teeth,

and yellowing. It's painless, so you might not even realize that you are at risk until you come in to see us.

Maintaining your oral health is every bit as important as keeping your body fit. Please avoid or limit your consumption of sports drinks. Enjoy cool refreshing water instead!



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Test Your Wild Dental Knowledge!

*You could win a
fantastic prize!*

1. Which insect can carry up to 50 times their own weight with their mouth?
2. What mini fish, used as bait for fishing, has teeth in its throat?
3. This slimy slow-moving insect has thousands of tiny teeth, all lined up in rows.
4. In the middle ages, it was believed that if you kissed this stubborn animal it could relieve a toothache.
5. This small bird removes food remnants from the teeth of crocodiles.

Answers: 1) Ant; 2) Minnow; 3) Snail; 4) Donkey; 5) Plover

Save on Dental Professional Fees

Getting old does pay! If you are 65 or over, tell the front desk staff and they will make sure you get a savings of 5% on all professional fees.

If you prepay for work (except cleanings), you save 5% on professional fees.

By agreeing to be on a short call list, when you come in on short notice you save 5% on professional fees.

A full list of our financial policies is available at the front desk.

**The maximum saving on
professional fees is 10%**