



from the dentist

## Here We Are...

### Welcoming spring!

Like all good things, I've been looking forward to spring for a long time – *and now it's here!* Let's all approach the new season with a good healthy focus on our oral health.

During the winter holidays, many of us partake in more sweet foods and drinks than usual, so I encourage you to take the time to check on the state of your smile. Together, let's ensure that these prime causes of tooth decay alongside hectic schedules have not caused damage.

Your oral health is our first priority, and I look forward to continuing to provide you with optimal dental care. Plus, we always enjoy hearing your news about family activities and personal experiences. Please call and schedule your next appointment now, so that you'll smile with confidence!

*Yours in good dental health,*

DIANE *Arel* DDS MAGD

## turn the page

No matter how you slice it, onion up!

Lift your confidence & your smile!

Keep kids safe! Take warning...

# IOU One Smile

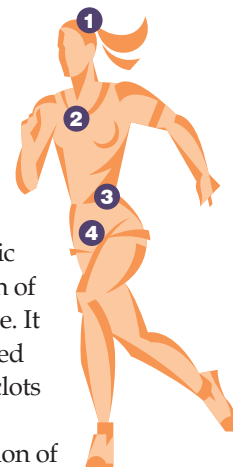
## Giving back to your heart

We have all heard it said that a smile comes from the heart, but did you know that your heart-felt smile has heart-healthy benefits? Although it is not entirely understood as yet, science has identified a strong link between poor oral health and chronic conditions like heart disease. Periodontal disease, the formation of angry pockets of infection beneath the gums, is a good example. It is theorized that bacteria entering the bloodstream from infected gums attach to fatty plaques in the coronary arteries causing clots to form. When a clot breaks free, it can cause a heart attack.

Periodontal infection is also thought to increased production of arterial plaques and may contribute directly to the swelling of the arteries. In fact, research shows that sufferers of periodontal disease are almost twice as likely to be afflicted with coronary heart disease, but the connections go deeper.

Conditions like diabetes, Alzheimer's and a host of respiratory ailments are being strongly associated with poor oral health, and evidence is mounting that periodontal disease may affect pregnancy. In fact, pregnant women with serious gum infections are seven times more likely to have an underweight or premature baby.

Your heart, your lungs and your children; three powerful incentives for three, simple, preventive steps. Have regular dental checkups. Brush at least twice daily. And floss thoroughly. Indeed, your heart-felt smile has something important to give back.



### 1 Stroke

New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

### 2 Heart Disease

Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

### 3 Diabetes

A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

### 4 Pre-Term Births

Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.

# A Face-Saving Option

## Consider permanent dental implants

Let's face it – all mature adults experience the effects of gravity and a life well-lived on their appearance. Though when teeth are missing, the bite and facial structure can alter, exaggerating signs of normal ageing and creating a sunken aged appearance. You may be surprised to learn that dental implants, which were invented as a permanent way to replace teeth and to avoid bone loss, actually have a cosmetic benefit and can even prevent the need for a surgical facelift.

Implants have two parts: a root made of biocompatible metal and a custom-made enamel tooth crown which is attached to it. Here's how they can help save your oral health and appearance...

- Immediate placement after tooth loss can save supporting bone, adjacent teeth, and your great looking smile.
- Implants can be an attractive alternative to a denture or bridge.
- An implant-supported bridge can be used when more than one tooth is missing to provide greater stability and save underlying bone.
- An implant-supported denture can solve the problems of eating, speaking, and socializing associated with wobbly fitting dentures and permanently removes the need for adhesives.

We are committed to helping you prevent tooth loss, but when the need arises, we'll be happy to discuss whether implants are a suitable option for you. Not only can they save your looks – they look and feel natural too!

*Let us lift your smile & your confidence!*

## Go Ahead! Add an onion!

From time immemorial, onions have been used as a food remedy for a myriad of health issues. Why? Raw or cooked, onions have anti-inflammatory, anticholesterol, anticancer, and antioxidant properties which may help with many diseases such as diabetes, osteoporosis, and high blood pressure. It might surprise you to learn that onions are one of the best foods for your smile too!

Because they contain an antibacterial compound that kills many types of oral bacteria, onions can help diminish the severity of gingivitis and periodontitis (gum diseases). Eating them raw produces the maximum benefit.

On the nutritional front, onions contain numerous vitamins and minerals... and on top of all that, they're inexpensive and delicious! Worried about onions on your breath? Fresh parsley will do the trick!





## Tattoo Who? No worries!

Tattooing, though ancient, has really caught on with people who admire the tribal esthetic. Interestingly, in addition to the body, some nations to this day deliberately tattoo the *gingivae*, or gums. Motives vary: appearance, superstition, and occasionally as a folk remedy. An amalgam tattoo, though inadvertent, is also a real thing.

Sometimes a small area of blue-gray-black, which looks much like a tattoo, can appear on the tongue, cheek, roof of the mouth, gums, or lips. It is usually caused by tiny amalgam particles when you get or remove a silver filling, and sometimes can form over time when a filling rubs oral tissue while talking or eating.

Amalgam tattoos are nothing to worry about – most people never realize they have one. But if you do, we'll be happy to take a look.

## Straight To The Point

Use what you know to fight gum disease

Your immune system's killer cells, known as T cells, rely on vitamin D to recognize and respond to a threat from an infection like gum disease. That's a new discovery. Made by your own body through exposure to sunlight, Vitamin D can also be found in fish liver oil, eggs, and fatty fish such as salmon, herring, and mackerel, or taken as a daily supplement. *Good to know.*

Just as plaque, the bacterial biofilm you can feel on your teeth can lead to infection and inflammation if not controlled, other types of biofilms can cause disease elsewhere in your body – the middle ear and gastrointestinal tract are examples. Insight into how gum diseases trigger your immune system and link to inflammatory diseases like heart and stroke, diabetes, cancers, arthritis,

Alzheimer's, and complications of pregnancy, could further science's understanding of other biofilm-associated diseases. *Inspiring.*

Finding a cure is complex. Nearly one third of the human genome is involved in gingivitis alone, and that's the mildest form of gum disease. Plus, advances in molecular techniques suggest that human microbial systems are more uniquely individual than previously understood. *Fascinating challenge.*

Intriguing stuff, but sticking to the basics is still your best hope. Brush and floss daily to keep plaque from building up and hardening into tartar, and keep your regular hygiene appointments to prevent or reverse gum disease. *Straightforward and effective.*

## When ISN'T Candy Dandy?

When it's really something else!

Tobacco candies come in the form of dissolvable, flavored, candy-like pellets, sticks, and strips. They are designed to give adults a smokeless way to get nicotine into their system. Trouble is, they look and taste just like regular candy, especially to children.

They can also contain a greater proportion of free nicotine which is more quickly absorbed into the bloodstream than is usual for other tobacco products. This could make them more toxic to a child than cigarettes or smokeless tobacco when accidentally ingested. For a small child or infant, it only takes one milligram of nicotine to cause illness. Larger doses can be fatal.

We support your efforts to quit tobacco and to avoid the perils of secondhand smoke – it's essential to your health and others. But please keep cessation aids out of children's reach.



# Don't Hide Your Smile

## Dental implants can restore confidence

Anyone who has ever suffered from tooth loss can tell you about the embarrassment of constantly hiding their smile and about the social awkwardness that accompanies difficulty in speaking and chewing. Dental implants could be the answer. A dental implant is an artificial root to which an artificial tooth is attached. An implant can replace one or more teeth or permanently support a bridge or denture.

Here are some of the proven benefits of dental implants.

**Improved Appearance:** Dental implants look and feel just like your own teeth, so no one will know unless you tell them.

**Improved Self-Confidence:** An attractive, natural-looking appearance, plus the ability to speak and

eat normally and comfortably will have you smiling again!

**Improved Oral Health:** Dental implants actually preserve bone tissue, and the procedure is considered non-invasive because it does not affect the surrounding teeth.

**Reliability:** Dental implants have had a proven track record for more than 35 years, and are an excellent option for tooth replacement.

If you are in good general and oral health you may be an excellent candidate for dental implants – no matter what your age!



## office information

### Art of Smiles Dentistry

Dr. Diane T. Arel  
1008 Harrison Ave  
Harrison, OH 45030-1522

### Office Hours

Monday 9:00 am – 6:00 pm  
Tuesday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 5:00 pm  
Thursday 9:00 am – 6:00 pm

### Contact Information

Office (513) 367-4441  
Fax (513) 367-2346  
Email smile@artofsmilesdentistry.com  
Web site www.artofsmilesdentistry.com

### Office Staff

Missy..... Office Manager  
Registered Dental Hygienist  
Meagan .....Registered Dental Hygienist  
Kathy, Andrea ..... Schedule Coordinators  
Mandy, Sheree, Jen .....Dental Assistants  
Lisa..... Financial Coordinator



## Our Team Spotlight

### All about Sheree

About six months ago, we welcomed a new Dental Assistant to our practice team. Sheree has become a

valuable asset to our office and we felt it is time to properly introduce her to you.

Sheree completed her education at the Academy of Dental Assisting. Since that time, she has become an integral part of our office. Sheree is focused on providing individualized care to meet the unique needs of each and every patient. She just loves seeing how happy you are with your dental care.

Aside from her dedication to dentistry, she is a loving wife and a mother of two. She enjoys travelling and hopes to appear on *The Amazing Race*.

We hope you enjoyed getting to know Sheree. She has also had cosmetic dentistry and invites you to ask her about it!

## Refer For Your Chance

Angie -  
winner of the  
Garmin GPS

# ...TO WIN!

### It's that simple!

We truly appreciate your referrals of family and friends. But, we like to offer you something more than just our appreciation.

Here's what you need to do for your chance to win. All you have to do is refer a friend, colleague or family member to *Art of Smiles Dentistry*. Then you and your referral will receive a \$25 credit on your accounts and we'll put your name in the Grand Prize Draw! Our next winner will receive a Kindle™!

Refer, and you could win ... it's that easy!