



Dr. George Kingsley's

Word Of Mouth

Gentle Comfortable Care

GENERAL AND LASER DENTISTRY • www.kingsleydds.com

Produced for the Patients of Dr. George Kingsley

Fall 2010

from the dentist

Welcomed! Appreciated!

Have you ever wondered why we are so committed to continuing education and to leading-edge technology, procedures and materials? The answer is that you are the reason.

All of our licensed staff is certified in basic life support and CPR, as well as taking courses that are of benefit to them and you.

I recently attended a three-day course in Seattle, Washington about comprehensive and conservative treatment planning. There were dentists from across the United States and Canada in attendance. The most current scientific evidence was evaluated and discussed for treating our patients and methods and procedures to maintain their teeth for their lifetimes. The utilization of the new *VELscope*® for advanced oral cancer screening was recommended and I was proud that I had already been providing this service. Also, I was very surprised that I was the only dentist that had incorporated lasers into my practice.

I wish to personally thank my patients who have referred their family, friends and colleagues into our practice. It is a privilege and a pleasure to take care of your dental needs and to know that you have the confidence to recommend us to others. With that in mind, we are presenting a new patient welcome offer. I sincerely hope that someone you know will be able to take advantage of the invitation.

The power of the spoken word cannot be denied. When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or *personal testimonial*, all kinds of good things spring forth.

When you refer new patients, they will receive the same courteous, skilled, professional, and friendly service that you receive. In addition, as a welcome, your family, friends, and colleagues can whiten their smile for free! We will offer them a Complimentary at-home teeth whitening (\$300 value!) with a new patient examination and x-rays.

This season is the perfect time to look around and appreciate all that we have received. We think it's important to let you know that one of the things we are most grateful for, aside from your patronage, is your continual referrals to our practice. When you encourage your friends and family to visit us, it shows that you are confident, trusting, and supportive of the care and services we provide to you. Nothing could ever really top that compliment – and it keeps us striving to offer the high-quality dental care and professional service you have come to expect from our team.

Some of our patients assume that our dental practice is closed to new patients. The truth is that we always accept new patients, particularly if they come to us as referrals from you. If you know someone who you think would benefit from our state-of-the-art dental practice, we welcome them.

Thank you, from all of us, for your wonderful feedback, your loyalty, and for keeping us in mind!

– Dr. Kingsley & Team

For New Patients!

Complimentary at-home teeth whitening (\$300 value!) with a new patient examination and x-rays.

Offer expires November 30, 2010.



Thank you for all your referrals. We appreciate them!

When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

And it's getting more complicated...

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

How's that?

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

How will you know?

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

Is there any good news?

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



Oral Cancer Bites

Start early & win!

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

A Check your tongue, lips, cheek lining, and gums.

B Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

C Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.



Many challenges? We have many ways to beautify a smile!



Reality Checks

We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



LIKE NIGHT & DAY

What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

Monkey See...

Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

Why Your Fillings Need A Regular Tune-Up

If it doesn't hurt, don't fix it ... right? Wrong! Even if you aren't experiencing any pains or problems, your fillings and crowns will eventually need to be replaced. When you consider the amount of work your teeth do every day, it's not surprising that fillings will eventually wear out and sometimes need to be replaced. Just like natural teeth, your restorations need regular care to prevent dental problems that can lead to expensive treatments or tooth loss.

There are many factors that can affect the life span of your fillings. The average silver filling, crown or bridge can last from ten to twenty years. Plastic tooth-colored fillings may only

last half as long before they need repair or replacement.

Outdated fillings may start to leak around the edges from regular wear and tear. This could allow harmful bacteria to get into the tooth or crown where it can cause decay. This type of decay often goes undetected until it has reached the nerve of the tooth.

Cracks can also be a problem. The average human bites with several hundred pounds of pressure per square inch. That can make tiny cracks in the restored tooth. If cracks aren't repaired in time, they can lead to fractures that may extend below the gum line or into the nerve. That might mean you'll need a root canal and new

crown or worse yet, losing the tooth! We may recommend a crown before this happens to prevent unnecessary damage.

Unchecked, many of these dental dangers can open the door to gum disease or loss of your teeth. If you have any questions about your fillings, please feel free to contact our office. It's important you understand what to expect from your fillings and crowns and what kind of care they need.



office information

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Office Hours

Monday 8:00 am – 5:00 pm
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Office Staff

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Misty Scheduling Coordinator
Brandy Dental Assistant
Lee Ann, Susie
..... Registered Dental Hygienists
Liza Registered Dental Assistant



Don't Fall Behind!

Use your benefits

We know that by now, you understand that any advice we give to you is out of genuine concern for your well-being. Whether we recommend a treatment plan, suggest a lifestyle change, or encourage you to use up your annual insurance benefits, our sole motive is to help you achieve optimal oral health.

As we get further into the year, time starts to run out for you to make the most of your insurance before it expires on December 31st. We will start to remind you more often as the days pass, but only because we don't want you to lose valuable benefits which won't carry over to next year.

Please take a moment to check your remaining insurance benefits ... then book an appointment to make the most of them!



Teeth Protection:

Custom Occlusal or
Sports Guard

\$149

(valued at \$450)

Offer expires:
November 30, 2010

Most families understand the need for a protective helmet for contact sports and for activities like biking, skate boarding, and snowboarding. Jarring blows to the head can also cause the upper and lower jaws to crash together. Custom-fitted mouth guards may protect against broken teeth, injured jaws... and concussions.

Additionally, More than 90% of us grind or clench our teeth at some time in our lives. Tooth grinding, officially called bruxism, is usually caused by stress. Grinding can be very damaging to your health and to your teeth because it can actually wear down the enamel surfaces of your teeth and weaken fillings and crowns.

Let us custom-fit an occlusal or sports guard to give you maximum protection. We can even tailor it to accommodate orthodontics and other appliances!