



# Dr. David J. Balestrini's smile update

Produced to improve your dental health and awareness

Fall 2008

## Celebrating 10 Years

from the dentist

1998 - 2008

## Looking Back

On July 1st my family celebrated our tenth year here in Lake Placid. For my wife and I especially, the summer has been a time of reflection. We certainly have had the opportunity to live in some spectacular places ... the Navy brought us to the Florida Keys and southern California. But they don't compare to the beauty of the Adirondacks and more importantly, they don't convey the sense of pride and community that a unique village such as Lake Placid can and does.

We are so grateful, even today, for the warm welcome our family received ten years ago. And where else could we live, assured that when our kids are out of the house, we have many sets of eyes looking over them! It's been a great place for our kids to grow up safely, and with an active lifestyle to boot.

The dental practice has changed so drastically over the past ten years. It honestly can be painful to think of all the hard work and time that were necessary *after hours* to bring us to where we are today. And yet throughout all of it, developing relationships with our dental family of coworkers and patients has made it all worthwhile.

A special thank-you to some wonderful team mates whose friendship and commitment to their work make this a great place for me and for our patients....

Lori, our Office Manager. Helga



and I still remember our initial meeting with Lori for a dental assistant position almost nine years ago, and how happy we were when she joined our team. Impressed with her outstanding work ethic, we asked her to take on the role of office manager a few years later. Lori repeatedly goes above and beyond for the office, and we are so grateful for all of her efforts! Lori's dedication to her job, her coworkers and the patients of this practice is truly remarkable.

Terry, Registered Dental Hygienist. Terry started with us part-time in 2000

and made the commitment of taking a full-time position in 2002. Terry takes her job quite seriously and each day gives her patients professional, individualized attention. For the past three years she has coordinated our *Relay for Life* team effort, helping us raise thousands of dollars for this worthwhile cause. A young mother, Terry keeps us up to date and rolling with precious stories of *life with little Wade*.

**Celebrating 10 Years** continued on page 4

**Thank you for all your referrals - we appreciate them!**



## First Things First It's worth it!

Study after study shows that a nice smile is important to how others perceive you. So we're totally on board when you want cosmetic dentistry. We'd like to remind you though, that whether you're considering whitening, veneers, or restorations like crowns or implants, you need strong teeth or bones and healthy gums to get your most attractive – and *lasting* – outcome.

Brush, floss, and rinse to banish gum disease!

*Early disease includes gums that...*

- are red, swollen, and tender
- bleed when you brush and floss
- generate bad breath.

*If left untreated gum disease can...*

- progress to inflammation and chronic infections.

*That can lead to...*

- the loss of teeth, gum, connective tissues, and the underlying jawbone.

Let's optimize your oral health and maximize your cosmetic results!

# Manage It!



Your environment can hurt your smile!

Smoking is the single major preventable risk factor for gum disease

You don't have to assume that chronological ageing will dramatically alter your smile. After all, as your dental team, we're committed to helping you maintain your oral health and most attractive appearance. But you can help by becoming aware of and managing factors in your own environment.

- Toothbrush abrasion from brushing incorrectly or with too much pressure is common and can lead to receding gums, exposed roots, and exposed yellow dentin due to thinning enamel, plus sensitive teeth, cavities, and tooth loss.
- Substituting unsafe objects like earrings, forks, and needles for dental floss can damage your gums. Frankly, toothpicks are also potentially hazardous.
- Sugary acidic drinks and sports beverages can erode enamel and create an incubating environment for the bacteria that cause tooth decay and gum disease.
- Teeth grinding and clenching can crack and wear teeth and restorations and damage gums and cheeks.
- Smoking is the single major preventable risk factor for gum disease. It also depletes Vitamin C which is preventive. Even exposure to secondhand smoke is associated with a 50-60% increased risk for developing disease.
- Untreated periodontal diseases which are infections of the gums, periodontal ligament, and alveolar (jaw) bone can destroy the appearance and health of the gums and bone and lead to tooth loss.

We can't stop the ageing process, and maintaining your beautiful and youthful smile is really a lifetime commitment. But with good care, you can keep a healthy, younger-looking smile ... for decades.



# How Do They Do That?



## ...Naturally!

Do you think they inject Omega-3 fatty acids into *every* one of those eggs? Surprise! Actually, they alter the chickens' feed – often with pleasant-tasting ground flaxseed which is higher in Omega-3 fatty acids and lower in saturated fatty acids than other grains.

Cold water fish like herring, mackerel, and salmon are superior sources of Omega-3, but all sources, according to research, can be beneficial to your health. One caveat, though – if you opt for supplements, Omega-3s have blood-thinning potential and can interact with medications.

Did you know that Omega-3s may prevent soft tissue and bone loss associated with gum disease? Not only that, but research also suggests they may...

- improve cardiovascular health
- help brain function
- protect expectant mothers against post-partum depression
- diminish joint inflammation.

## Eggscellent!

## A Piece Of The Puzzle

### About oral cancer

Worldwide, close to 400,000 new cases of oral cancer are diagnosed each year. If diagnosed early, oral cancer can be highly curable, and now research has provided another clue. Chronic gum disease in men may increase their risk of tongue cancer!

Even after adjusting for smoking, age, and the number of teeth, each millimeter of bone loss due to gum disease was associated with more than five times the increase in the risk of tongue cancer.

This is interesting because today more than 25% of oral cancer victims are young adults who have none of the usual risk factors like tobacco use, alcohol use, diabetes, or HIV.

Viruses and bacteria in gum tissues could be toxic to surrounding cells, or could indirectly contribute to cancer through inflammation. Please have regular periodontal and oral cancer exams.

## Focus On You

### Your oral and overall health matter

Imagine if a wound in your forearm became increasingly swollen and inflamed, yet was left untreated. You might worry that it would eventually affect your health. Well, your oral tissue is equal to the amount of skin between your wrist and elbow ... and many scientists believe that gum diseases, like other infections, have the potential to influence the rest of your body.

This is not a new idea. In 1891, *The Human Mouth As A Focus of Infection* proposed that oral microbes affect overall health. However, in the absence of adequate science, focal theory gradually fell out of favor. Still, the mouth-body link regained credibility when newer research was emphasized in the *Surgeon General's Report on Oral Health in America* in 2001.

Associations have been made between gum disease and heart and stroke, some cancers, diabetes, kidney disease, lung disease, Crohn's disease, Alzheimer's, osteoporosis, premature deliveries, and toxemia. The strength and precise nature of these associations are unclear. However, long-term studies and improved research designs that consider factors like age and tobacco use are creating a more complete picture.

Your mouth is a complex ecosystem harboring many kinds of bacteria. Viruses and inflammation have also been suggested as possible factors. Thus it appears unlikely that a single "gorillacillin" superdrug will present the solution.

We urge you to maintain your home care routines and your regularly scheduled visits with us to help maintain your optimal oral health.



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April, Registered Dental Hygienist. Due to our rural location, and distance from dental hygiene schools, sometimes we have to wait a long time before finding a new dental hygienist. April did not see any of our help wanted ads, but just happened to be in the area distributing resumes. April was a great addition to our team, and like Terry, she is a hygienist who really gets to know her patients, provides the individual attention so necessary to providing outstanding care, and enjoys catching up on the latest! She is such a positive person that whenever any of us need a boost, hanging out with April is the ultimate cure.

Leslie, Front Desk Coordinator. Leslie has been with us for three years. We find it quite remarkable that no matter how busy our business office gets, Leslie always remains calm, cool and collected and can keep up with the pace without ruffling a

feather. Multitasking is second nature to her. A great friend to everyone in the office, Leslie is a joy to work with, a lot of fun, and her karaoke talents are second to none!

Carol, Annie and Jennifer, Registered Dental Hygienists. We are lucky to have such wonderful, experienced hygienists available to fill in, and supplement our hygiene schedule to keep our patients up to date with outstanding preventative care.

Michele, Dental Assistant. Michele has really taken to her job, so much so that in the spring of 2008 she began online *certified dental assistant training*. Her enthusiasm and wonderful attitude are a pleasure for her coworkers and patients!

We are really excited about the addition of our newest team members, Sheena (Financial Coordinator) and Karen (Dental Assistant). In a short period of time they have both

mastered many tasks and have made the transition into our office seem effortless. Please help us in welcoming them to our dental family.

## Looking Forward

We look forward to continuing our commitment to you, our patients, and to this wonderful community. Thank you for the trust and confidence you have given us! It is truly a pleasure to serve you, to hear about your life, and share with you. Your friendship means the world to each one of us.

- Dr. David J. Balestrini



Visit us online!

## office information

### David J. Balestrini DMD PLLC

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Lake Placid, NY 12946-3379

### Office Hours

Mon-Thu 8:00 am - 5:00 pm  
Friday 8:00 am - 1:00 pm

### Contact Information

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Web site www.lakeplacidsmiles.com

### Office Staff

Lori ..... Office Manager  
Terry ..... Registered Dental Hygienist  
April ..... Registered Dental Hygienist  
Michele ..... Dental Assistant  
Karen ..... Dental Assistant  
Leslie ..... Scheduling Coordinator  
Sheena ..... Financial Coordinator  
Helga ..... Special Projects

CareCredit



## Relay for Life

Once again, our office team will participate in the *American Cancer Society's Relay for Life*. This year's event will be held on Saturday, September 20, 2008 from 9 am to 9pm at the Olympic Oval. You can help us honor cancer survivors, pay tribute to the lives lost to the disease, and raise money to fight the disease. Our team goal is to raise \$5000 for this event.

If you would like to join our team, purchase a Luminaria, or make a monetary contribution, please use the form below or call our office at 523-2406.

### Relay for Life

\_\_\_\_\_ name \_\_\_\_\_ phone \_\_\_\_\_ address

I would like to:

Be contacted with information on how to join your team  
 Purchase a Luminaria to honor a survivor, loved one undergoing treatment, or to remember someone lost to cancer. I have enclosed a check payable to the American Cancer Society (\$5 for each Luminaria purchased). Name(s) to be written on Luminaria bag(s):  
\_\_\_\_\_

Make a monetary contribution of \$\_\_\_\_\_ to help fight cancer  
(My check payable to the American Cancer Society is enclosed)

Mail to: David J. Balestrini DMD, PLLC 2358 Saranac Ave, Lake Placid NY 12946