

Dr. David J. Balestrini's

# smile update



Produced to improve your dental health and awareness

Spring 2008

## fromthedentist

### Committed To You Now and always

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.

*Yours in good dental health,*

*Dr. D. Balestrini*

## turnthepage

Healthy teeth, healthy baby!

Yoga your way to a smile!

The great impostor – implants!

# 10 Implant Imperatives

Bone loss in your jaw will always follow the loss of a tooth. Dental implants can help you to avoid facial changes, speech changes, and diet changes that take place over time as teeth shift, jawbone recedes, and in extreme cases, cheeks take on a collapsed look. Dental implants can replace those lost teeth and help you to look great.



before



after

**Here are some reasons why dental implants are now the treatment of choice for many people who need to replace missing teeth.**

Implants ... require only normal brushing and flossing for maintenance;

...are anchored permanently in your jawbone;

...preserve and strengthen the underlying bone just like the roots of your natural teeth;

...do not alter or compromise adjacent healthy teeth;

...require no plates that can affect comfort and fit;

...can replace the form and function of only one tooth or two, or can replace teeth in an entire jaw;

...can anchor dentures to prevent shifting, or replace partial dentures & bridgework;

...are without any age barrier;

...are safe & reliable (hundreds of thousands are placed every year – all over the world);

...look completely natural so that no one will know you have them ... unless you tell!

Call for a consultation.  
Safe, reliable, & natural-looking dental implants may be your solution.

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

# Show What You Know

Choose all that apply!

## The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

## Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

## You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

## The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



# Your Smiling Future

## Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

### Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.



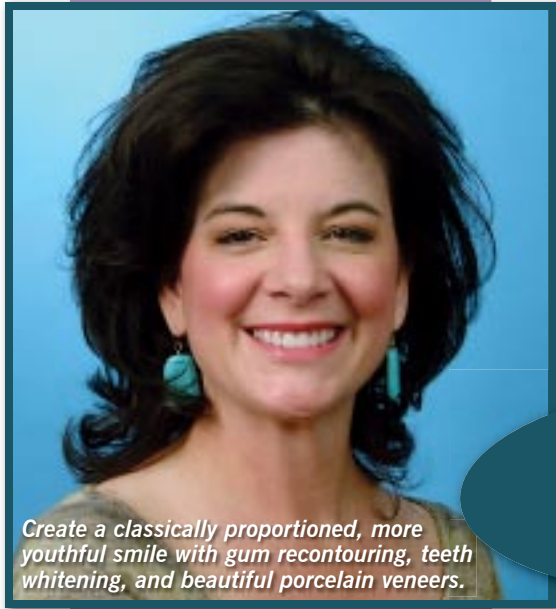
# Restore Your Balance

## Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!



Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

# Don't Chance It!

## Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums and thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

**Dentist-Supervised Teeth Whitening** - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

**Enamel-Colored Restorations** - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



## A Smart Investment

Dental implants: bank on a beautiful restoration

### IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

### HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

### APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

# First Cancer Defense?

## A quick check in the dental chair!

What's free, quick, painless, and ...oh, yes ... so important that it could save your life? The answer is an oral cancer examination – an essential part of our practice, each and every time you come in for a checkup.

Oral cancer is the sixth most common cancer, and oral cancer kills. It has the worst five-year survival rate of all major cancers. With early diagnosis it can be cured, yet the disease often goes unnoticed because it is usually painless. But it can be observed, if you know what to look for.

We should all be alert to signs of oral cancer, and check for symptoms. Avoid regular sun exposure, tobacco, and excessive alcohol intake. You needn't rely only on yourself. We have a protocol for oral cancer exams, and since most people see their dentists more often than their doctors, we are your first line of defense.

### The 1-Minute Patient Protocol

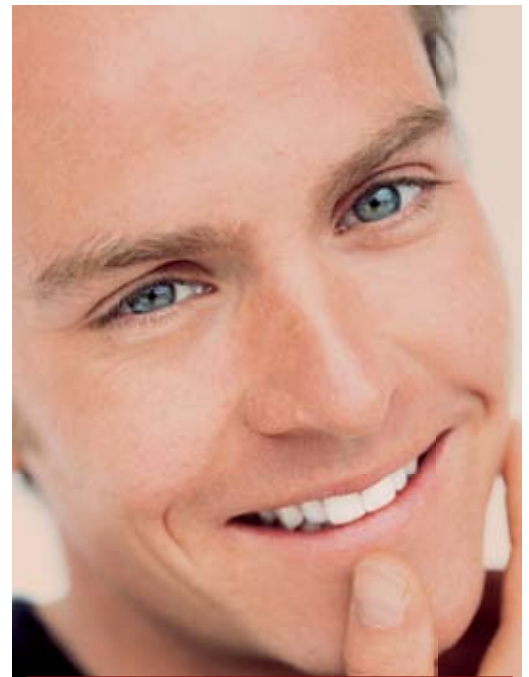
Every month, look for...

- ...a sore on any oral tissue that bleeds easily or does not heal;
- ...a color change of the oral tissue;
- ...a lump, thickening, rough spot, crust, or small eroded area;
- ...pain, tenderness, or numbness.

### The 5-Minute Dental Protocol

Your dentist will examine and evaluate...

- ...the oral cavity, including lips, cheek, tongue, floor of the mouth, hard and soft palate;
- ...the oropharynx including tonsils, soft palate, posterior pharyngeal wall, and base of tongue.



**Please contact our office, or your physician's office, if you notice any unusual lesions (sores or ulcers) anywhere in your mouth, or on your lip, that do not heal within two to three weeks.**

## officeinformation

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Linda.....Dental Assistant  
Michele.....Dental Assistant  
Danielle.....Dental Assistant  
Leslie.....Scheduling Coordinator  
Amanda..... Financial Coordinator  
Helga ..... Special Projects



## Color Me Healthy

### Super-foods and your oral health

Although people who smoke or use smokeless tobacco remain at the highest risk for oral cancer, experts estimate that about 35% of cancers can be linked to diet.

A Brazilian study has linked oral cancer with the regular consumption of foods high in animal fat and saturated fat, including bacon, cheese, pork and fried foods.

We already know that:

■ Poor nutrition can negatively affect your immune system's ability to resist disease;

■ Decreased intake of vitamins and minerals can lead to mouth sores and a breakdown of gum tissues which can contribute to oral cancer;

■ A diet high in starch or sugar promotes tooth decay.

At a time when your oral health has been linked to systemic diseases like

diabetes, some cancers, osteoporosis, and cardiovascular diseases, healthy eating is an important component of a healthy mouth ... and body. Experts recommend eating super-foods that range from beans to nuts and yogurts... Beans, blueberries, broccoli, oats, oranges, pumpkin, salmon, soy, spinach, tea (green or black), tomatoes, turkey, walnuts, yogurt...

Carrots are one example of foods that will give your oral health a boost. Carrots can lower your oral cancer risk because they are full of beta-carotene. There is evidence that beta-carotene can even help people who already have some forms of oral cancer. In one study, just thirty milligrams of beta-carotene a day produced improvement in up to 70% of cases of people with leukoplakia, the white lesions in the mouth that can mark the early stages of oral cancer.