



**David J. Balestrini**  
DMD

# smile update

Produced to improve your dental health and awareness

Winter 2008/2009

## from the dentist

### Season's Greetings

*With thanks, too*

As the year comes to a close, I would like to take this opportunity to thank all of you for your loyalty over the past year. I speak for everyone in our practice in telling you how much we appreciate each and every one of you.



We enjoy your visits and sharing your news about family events and activities. It's important to me and to the staff that you enjoy those visits to our office too. Your oral health is our first priority and we are committed to providing a comfortable and friendly atmosphere so that you, our patients, enjoy a relaxed, positive experience.

As the busy holiday season approaches, I would like to extend sincere wishes from all of us for happy celebrations with your family.

*Happy holidays,*

*- Dr. David J. Balestrini*

## turn the page

Fight bacteria now!

Oral tips for life!

Whitening that works!

Sending you the warmest of wishes for the

*new year*



## The American Cancer Society's Relay For Life September 20, 2008

With help from family members and friends like you, our team raised over \$4,500 for this year's event!

The event surpassed \$59,000.

*Thank you for your support!*

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



You'll like it!

**Look At That**

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

**Tasty Treat**

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

**For Your Oral And Overall Health**

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

# Prevention Is Better

## Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

■ **Bacterial Infections**

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

■ **Transmissible**

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

■ **Preventable**

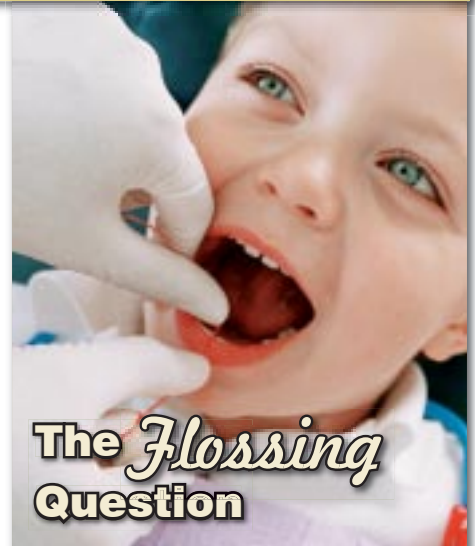
You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

■ **Reversible**

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

**Gum disease** can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



## The Flossing Question

### Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



# Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

## LIFE STAGE

## FOCUS

## HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults  
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults  
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

## 8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

### What can affect your whitening outcome?

#### Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

#### Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

#### Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?



# Seal Out Tooth Decay

Ounce of prevention ... pound of cure!

Studies have shown that more than 50% of kids' cavities develop on the chewing surfaces of the teeth. Food gets trapped in *pits* that are formed naturally by the crossing of deep grooves called *fissures*. We now have a way to cover these surfaces with a protective material so decay never has an opportunity to set in. It's called dental sealant.

In just a matter of minutes this plastic tooth-colored material can be permanently applied directly to the cavity-prone surfaces of teeth. The sealant creates an impenetrable barrier to bacteria and decay for up to fifteen years. There's no discomfort in the application of sealant and the benefits can last a lifetime.

Recent studies have shown that sealants are one of the main contributing factors to the decline in the number of cavities in children. That's a lot of teeth that won't have to be drilled and filled. Sealants can work extremely well for

many adults too, so the next time you're in for a visit, ask us about it.

We are currently working with the Lake Placid and Keene Central School Districts to coordinate our 2009 *Free Sealant Program* for area second and third grade children. Again, our program will take place in February, amidst all of our National Children's Dental Health Month activities. If you would like to receive program details from us directly, please call us at 523-2406, and ask to be placed on our mailing list. We'll keep you up to date with program specifics. We look forward to seeing many smiling little faces in February!



## Winter Whitening Special

**Opalescence  
At-Home  
Whitening**

**Now \$225**

Expires February 28th, 2009

### office information

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#### Office Hours

Mon-Thu 8:00 am – 5:00 pm  
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#### 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

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VISA



### Attractive Solutions

CareCredit®

Part of our job as your dental care provider is to try and work with you to ensure that your personal financial circumstances do not interfere with your dental health care decisions. This is why we recommend *CareCredit®*, an affordable payment program that has a unique no-interest payment plan. CareCredit enables healthcare providers to offer flexible payment options to cover many costs that many insurance plans currently don't.

With CareCredit, you can pay for treatment over time. There are no up-front costs, or annual fees, no prepayment penalty, and the application process is quick and easy. CareCredit offers monthly payment plans to meet almost every need so that you can focus on what's most important – ensuring good dental care.

Ask for a CareCredit application... and begin treatment today!

Perfect Timing

### Ensuring your health

We hope that all our patients and their families have a fun and frivolity-filled holiday season – and that everyone greets the New Year safe and sound!

And we'd also like to give you a little advice: the new year marks the beginning of many of our patients' dental insurance year, when your fund is replenished and full. If this is your case, the new year is the perfect time to make certain you're completely up to date with all your oral health needs. We certainly hope you haven't postponed any regular checkups, but if you have, please contact us today so we can perform your regular examination, teeth cleaning, oral cancer and periodontal disease screenings. We'll work with you to get your dental care back on track!

We look forward to seeing your smile!

