

PACIFIC AVENUE
DENTAL

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FALL NEWSLETTER

DENTAL JOKES!

Dentist to the frugal patient "No, we give no discount for empty spaces when cleaning and polishing teeth Mrs Borde!"

What do you call an old dentist?
A bit long in the tooth

Did you hear about the dentist who planted a garden?
A month later he was picking his teeth

What does the dentist of the year get?
A little plaque

What game did the dentist play when she was a child?
Caps and robbers

What did the dentist see at the North Pole?
A molar bear

What was the dentist doing in Panama?
Looking for the Root Canal

Where does the dentist get his gas?
At the filling station

How did the dentist break his mirror?
Acci-DENTALLY

What do dentists like most about amusement parks?
Molar coasters

Mother: Has your tooth stopped hurting yet?
Son: I don't know. The dentist kept it

What did the tooth say to the departing dentist?
Fill me in when you get back

What did the vampire say after the dentist finished checking his teeth?
Fang you very much!

New Convenient Office Hours

To fit our patients' busy schedules we've decided to change our hours. Our new convenient hours start in October!



Bottled H2O Trend Poses Threat to Dental Health

Parents: Bottled Water Trend Poses Threat to Dental Health. Five billion gallons of bottled water were consumed in 2000, an increase of more than 200 percent from a decade earlier. Whether consumers drink more bottled water because it is an alternative to soda, or because it is convenient to do so is unclear, but one thing is certain: they are missing out on the valuable fluoride found in tap water, which helps to protect teeth from cavities, according to a study published in the January/February 2009 issue of General Dentistry, the Academy of General Dentistry's (AGD) clinical, peer-reviewed journal.

Researchers tested the fluoride in 105 samples of bottled water. The fluoride concentrations in the majority of the samples fell below the U.S. Government's recommended range, the ideal range to prevent cavities. Receiving the appropriate amount of fluoride is critical to consumers' oral health – especially children's oral health- as it strengthens the teeth and protects them against cavities. It is recommended that consumers speak with their dentist about their primary drinking water source. It is stressed that parents should be in charge of how much bottled water their kids drink, in

order to make sure that they also receive the proper amount of fluoridated water that will keep their teeth healthy. Fluoride in toothpaste, water supplies and other oral hygiene products are the basics of keeping children's mouths healthy. With sodas, as well as sugary drinks and snacks, being so popular children's mouths are constantly fighting cavity-causing bacteria. Something as simple as drinking water from the tap is a no-nonsense and cost-effective way to prevent cavities. (Read more at www.medicalnewstoday.com/articles/146390.php)

Gum Chewing: Helpful or Harmful?

While there is no question that chewing gum promotes tooth decay, there is clinical evidence that demonstrates just the opposite for sugar-free gum.

Chewing sugar-free gum is not intended to replace toothbrushing and flossing. Studies have shown that chewing

sugar-free gum after meals and snacks, especially when toothbrushing at those times is impractical, helps to reduce the acid level in the mouth which has potentially detrimental effect on tooth enamel. The mechanism of action involved in chewing gum is the stimulation of ten times the normal rate of saliva flow, due to both the act of chewing and the flavor of the artificial sweeteners in the chewing gum (sorbitol or xylitol). The saliva washes away food particles and acid produced by bacteria in the oral plaque and neutralizes the acid because of

increased concentration of bicarbonates. However helpful chewing sugar-free gum is not intended to replace tooth brushing and flossing. Sugar-free chewing gum is also recommended for people with xerostomia (dry mouth) to stimulate increased salivary flow, along with drinking greater amounts of water (six to eight glasses a day). However, those experiencing TMJ (temporomandibular syndrome) symptoms should refrain from any gum chewing.



Green Tea For Healthy Gums

A cup of green tea per day may help keep gum disease at bay, a new study suggests. Researchers found that among middle-aged Japanese men, the odds of having gum disease declined as the men's intake of green tea rose. For each daily cup they drank, the risk of having signs of gum disease—

including receding, easily bleeding gums—inched downward, the researches report in the *Journal of Periodontology*. The findings do not mean, however, that green tea is a substitute for seeing the dentist. The relationship between green tea and lower odds of gum disease was fairly weak

said Dr. Yoshihiro Shimazaki, one of the researchers on the study. If green tea itself does combat gum disease, it may be because of its concentration of antioxidant compounds called polyphenols, according to Shimazaki. Good overall oral care is what's most important, he said.

The end of the year is approaching! If you have any questions regarding your remaining dental benefits, we'd be glad to assist you.

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Staff News

Shannon: Shannon has recently joined the Association of Dental Office Managers and she is really excited to get some great new information and ideas to bring to our office. She stays busy after work keeping up with her son and daughter's football and volleyball schedules. Go Titans!

Linda: Linda went to Sin City! She enjoyed a quick trip down to Las Vegas (No, she did not get married!) at the end of September. At the end of October she will be taking a road trip with her family to the Big Sky country. So many cities, so little time. Enjoy your travels, Linda!

Brittany: Miss Brittany celebrated a big birthday! She turned 21 at the end of September and celebrated the milestone in Vegas! Remember, Brittany... What happens in Vegas stays in Vegas! Happy Birthday, Brittany!

Marci: Marci is keeping very busy being a mother of a 9 month old baby. She is enjoying every minute of watching

Cydney's milestones like rolling, crawling attempts and even the teething! Marci says that she never realized how much she could love someone so fast, besides her husband, of course. She is really looking forward to all the joys her future holds.



DaiLene: DaiLene will be back from her maternity leave in October. We are all looking forward to her return to the office and we know that many of you are too! She is going to miss spending her days at home with her boys, but she also looks forward to getting back into her routine and talking with grown-ups for a change.

Carla: Carla had a busy summer with her son's wedding and his recent move to the East Coast for his Grad school

program. She also managed to squeeze in some time for boating and waterskiing. Carla is an avid reader so check in with her to see what's worth reading.

Juliana: We would like to officially welcome Juliana as the newest member of our team. Juliana is a graduate of the Pacific University Dental Hygiene program and some of you may have had the pleasure of meeting her while she covered for DaiLene's maternity leave. We are very fortunate that she is able to stay on permanently two days a week and we know that you will be in great care with her.

Dr. Marty: Dr. Marty ran the Hood To Coast, a 196 mile relay race from Mt. Hood to Seaside, OR. He is very excited for the arrival of his second daughter in November and he loves watching Madison, who is a year and a half, learn to talk and get in her teeth!!