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## What's Inside



- Tooth Care for Your Heart's Sake
- Love Your Liver
- Your Mouth and the News

# Dr. Hansen's *Smile* NEWSLETTER

THE ROUTINE SMILE EXAM—*Good for More than*

3RD QUARTER / 2009

### Office Hours

Monday	8:00 - 5:00
Tuesday	8:00 - 5:00
Wednesday	8:00 - 5:00
Thursday	8:00 - 5:00

### Our Team

Christine Hansen, DDS  
Roberta Jurash, DDS  
Erica Brown, RDH  
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Courtney Viramontes, RDA  
Karen Hansen, RDH  
Ruth Schneider, RDH  
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(650) 326-3290

## *Your Teeth!*

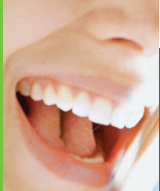
When you visit our office for that routine hygiene appointment, our team does a lot more than just probe for cavities. In addition to caring for your teeth, we're giving you the next best thing to a complete physical examination. If it's been a while since you've seen your family physician, it just could prove a lifesaver!

How's that possible? Your mouth is a unique meeting place of teeth, skin, muscle, fluids, and germs. It gives us the chance to look inside your body without using a knife. Over forty serious diseases, including bulimia, tumors, and AIDS, can be detected in the mouth. The texture, color, and condition of your tongue and gums can be evidence of high blood pressure or osteoporosis.

That's why we encourage you to make at least two dental appointments every year, especially if you don't get annual physical examinations.

We're here to make sure your teeth stay in great shape. Along with the rest of your body.





## ABC's of Hepatitis

Winning this war may be as simple as A-B-C.

**D**on't look now, but while the HIV virus that causes AIDS has been getting all the press, another dangerous disorder has been stalking the general public. Hepatitis A, B, and C are the most prevalent forms of this liver disease, with A being the least threatening and C being deadliest.

There's a vaccine to protect against Hep A, and those who do get it generally recover. There's also a vaccine against Hep B, which—while treatable—can cause permanent liver damage. Hep C is the leading cause of liver transplants, and there is no vaccine.

We have armed ourselves against this trio of villains, using the most updated

weaponry science can provide. We use disposable items when possible, and we sterilize and disinfect everything else. We even engineer the placement of your chair for maximum protection. Join with us to battle the bad A-B-C germs.

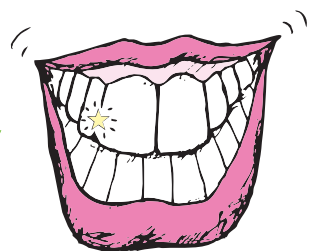
### On the one hand...

- Avoid intravenous drug use.
- Use your own toothbrush and razor—don't share.
- Cancel tattoo and body-piercing appointments—one of the biggest transmitters of Hep C.

### On the other hand...

- Always wash your hands before eating.
- Be alert for signs of contamination.
- Contact your doctor if you think you've been exposed.

## Watch That Tooth! Save Time & Money



The best dental treatment is the one you never need, right? That's why we may do a mini-checkup each time you come in, so that we can catch and correct small problems before they grow to large (painful) ones. This is especially true if you have a particularly troublesome area.



We'll let you know which tooth (or teeth) we're watching, and we can often spare you future chair time with just a wee bit of extra attention.

Regular dental appointments are the proverbial stitch in time—the most cost-effective benefit you can give your mouth.

## ENERGY—Not!

Like personal aircraft, elixirs offering all the necessary nutrients in a single dose have been a staple of science fiction.

For good reason. Athletes seek a power surge. Seniors dream of a healthy dinner which needs no cooking before and no clean-up after. We all hope to control our weight.

With the introduction of MR "meal replacement" alternatives (bars, drinks, and powders), we stepped into the future. But how much of the hype is science—and how much is fiction?

Weight loss: maybe. An active and highly disciplined person can shed pounds by replacing one meal a day with an MR. But replacement is the key—adding a "slimming drink" to the day's intake will lead to disappointment at the scales.

Senior sustenance: yes, you can get many of your minimum daily requirements this way, but it's as exciting as kissing the wall. And

you're still lacking those all-important attributes of freshness, fiber, and friendly sociability. Save MRs for those days when you have no appetite and yet need to keep up your strength.

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Instant energy: yes! Whatever their form, MRs are packed with sugars. To the athlete, they offer that easy burst to push on to the finish line. But anyone tending toward diabetes

must be careful of a sudden high blood glucose level.

Athletes also need to beware of a similar product—the sports drink. Sports drinks are formulated to maintain hydration, keep electrolytes in balance, and add carbohydrates and calories. These are important goals, but too much of a good thing is a bad thing. Sports drinks are packed with sugar, salt, and potassium that you don't really need unless you are working your body extremely hard. Keep informed and exercise moderation.