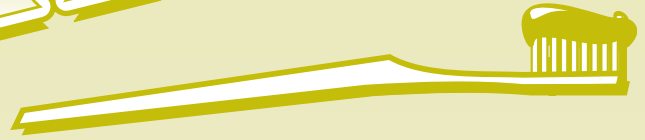


BRUSH UP



Here's A Smart Strategy For The New Year.

Make Preparations Now For A Year Without Dental Pain And Inconvenience. Plan Ahead And Prevent Dental Emergencies And Painful Teeth Or Gums From Interfering With The New Year.

Normal living can be ruined when unexpected dental problems occur. Unexpected dental problems, and the nagging pain they often bring, can take the joy out of visiting with relatives and friends. Dental emergencies can interfere with all enjoyable activities, from reading a good book to attending a special event, to playing your favorite sport. There is an old saying that applies to dental emergencies: "pain we obey."

Unexpected Dental Problems Can Be A Bad Start For The New Year

After every holiday season, patients complain that their holiday spirits were dampened by dental problems. Because of dental treatment that one has postponed, untimely toothaches and the need for emergency dental care can sometimes occur when one is far from home.

How Valuable Is Your Mouth And What's Inside It?

Your Mouth Is The Most Useful Part Of Your Body.

Not only does your mouth allow you to breathe, smile, and talk, your mouth has an important social function. Your mouth allows you to greet other people and to communicate effectively. Not only that, your mouth allows you to achieve a level of intimacy with others, like kissing, that would otherwise not be possible.

Your Mouth Is Essential For Your Very Survival.

Your mouth allows you to eat and enjoy food. Your mouth allows you to drink fluids that are essential for survival, and to keep the rest of your body well nourished.

There Is A Strong Mouth-Body Connection: Disease In Your Mouth Affects Your Entire Well-Being.

Obviously, if your mouth suffers from any kind of disease that prevents full functionality, you will not be able to enjoy food. You will not be able to chew properly, and therefore, your body will not be able to digest food thoroughly. This situation will affect the nutrition your body is receiving, which will affect your complete well-being.

Today, it is well known that many diseases such as heart disease, diabetes, and osteoporosis first show up in the mouth. That's why it is important for general health and well-being to prevent disease in the mouth.



Caring For Your Mouth In A Timely Manner And Continuously Keeping Your Mouth Free Of Disease Requires Lifelong Professional Attention, Upkeep, And Maintenance.

The mouth and the teeth undergo tremendous usage and pressure every day. Your mouth and teeth are subject to constant wear and tear that's hardly noticed until some problem or breakdown occurs.

Keeping your mouth in top-notch condition requires lifelong attention, upkeep, and maintenance. The situation is like caring for a new automobile.

You can wash, vacuum, and polish your car to keep it clean. You can park your car so that it will be safe from theft and not vulnerable to dings, dents, and scratches. But that is not enough. You must take your car to a professional to keep it well serviced and working properly.

Continued on page 2

Prevent Tooth Pain, Dental Emergencies, Or Painful Gums From Playing Havoc With Your New Year. It's Smart To Get Cracked, Chipped, And Broken Teeth Restored Now!

Teeth that are sensitive to heat or cold may warn of lurking problems. Teeth that are cracked or chipped can give way and break when enjoying your favorite foods. Painful during any time of the year, sore gums and swollen tissues may react under the increased stresses that can mark the start of a new year.

As many patients attest: when dental emergencies happen at the wrong time, they can spell disappointment and embarrassment, particularly for young people.

Although our office provides 24-hour, seven-day-a-week emergency service for our patients, it is best to try to prevent dental emergencies and dental mishaps before they unexpectedly dampen your important activities.

Happy New Year...

Put On Your Best Face For The New Year With A Bright, Wholesome-Looking, Winning Smile.

People make evaluations of how others "are doing" based on their appearance. It's flattering to tell people how great they look. We naturally like other people to think we are doing well and feeling well.

Teeth that are yellow and discolored detract from people's evaluations of us. People make evaluations of others based on what is most evident: the conditions of our mouths. Besides aging or normal usage, people suffer from discolored teeth for a variety of other reasons. Some people suffer from a "decalcification" of their teeth—a premature washing away or dissolving of the enamel layer. Coffee, tea, tobacco, or exotic foods permanently stain some people's teeth.

And some people's teeth are stained by antibiotics, such as tetracycline taken during childhood, which often leaves adult teeth with a grayish tint. While gray, yellowing, or discolored teeth may work fine, the effect they have on a person's appearance may be quite damaging.



How To Raise Your Family's Spirits? Now You Can Give Your Loved Ones A Healthy, Whiter, Wholesome, Winning Smile Just In Time For The Spring Season.

Now there's a proven dental procedure for whitening and brightening discolored, yellowing teeth. It's a highly effective answer to yellow, unappealing smiles. Plus, it's a unique tooth brightening "system" which allows the patient to perform the whitening procedures in the comfort and convenience of his or her own home. Contact our office for more information. We now have gift certificates that can be given to friends or relatives who want to start the new year right.

Valuable Mouth - continued from page 1

In the same way, you may clean your teeth at home religiously, but you still need to see a hygienist. You will need to have the bacteria and plaque growing on your teeth removed or problems may develop.

Next, you will need to have a professional assessment of the status of your teeth and gums to catch problems before they worsen.

Early diagnosis helps prevent emergencies, too. Postponing regular professional care may mean major problems down the road, just as putting off routine car care means major problems when you least expect it.

You can have cracked and chipped teeth, just as you can have bad brakes and tires. Then, when you least expect it, you may have to pay a big penalty for a little neglect.

Dental insurance, like auto insurance, may not pay for all of the services you will need to keep your mouth and teeth in good working condition.

The average person in the USA buys their first car at the age of 18. The average person goes through eight cars during a lifetime. Every person receives one mouth and one set of permanent adult teeth. There are no trade-ins.

The average person hopes that their mouth and teeth will last a lifetime. And they can. The way to ensure that your mouth and teeth last a lifetime, and work well during the lifetime, is to keep them free of disease and malfunction with regular professional attention, maintenance, and upkeep.





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Is There A Link Between Obesity, Inflammation, And Gum Disease? Here's What You Should Know About The Latest Research.

Obesity is epidemic in most industrialized nations in the world. Obesity is a systemic disease. It predisposes a person, i.e., puts a person at greater risk, for other diseases and increased health complications.

Mounting research from all over the world indicates that obesity is also associated with oral diseases, particularly gum disease.

The causal link between obesity and gum disease has not yet been confirmed. However, fat tissue — adipose tissue — actively secretes a variety of cytokines (short for pro-inflammatory molecules consisting of amino acids) and hormones that are involved in the course of the inflammatory process — swelling, redness, etc. This finding suggests that there are similar pathways involved in the physiology of obesity, gum disease, and the natural inflammatory process.

Although the final conclusions have not been reached, what health conscious people should know is that there is sufficient information to suggest that good oral health — keeping inflammation due to gum disease under control — and good physical health — keeping one's weight under proper control — may go hand in hand.



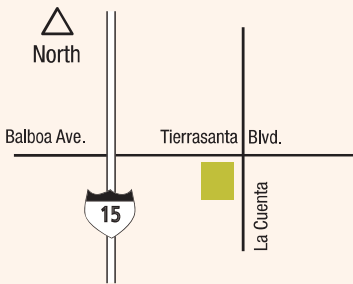


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Available for Emergencies

Office Hours

Monday 8:00 am - 5:00 pm
Tuesday 8:00 am - 5:00 pm
Wednesday 8:00 am - 6:00 pm
Thursday 8:30 am - 5:30 pm
Friday 7:30 am - 3:00 pm



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There Is An Important, Hidden Value Of Good Oral Health That You Should Know About!

Award winning smiles that boast straight, sparkling white teeth, healthy gums, and a pleasing breath are the outward signs of good oral health. However, good oral health goes way beyond pleasant appearances. Today, the mounting scientific research reveals that good oral health is more than healthy appearances.

Gum disease, formally called periodontal disease, is caused by the natural bacteria that attack one's gums and the roots of one's teeth. The natural bacteria form a sticky plaque that hardens into a crust-like tartar on the teeth and may irritate and infect one's gums. If the tartar is not regularly removed from one's teeth, it can destroy the soft tissue of the gums and the bone that supports the teeth.

Astoundingly, there are more than 700 different types of bacteria in the normal mouth! When any of these bacteria travel from bleeding gums into a vulnerable blood vessel, the bacteria cling to the build-up of blood platelets to such an extent that they may clog the vessel and eventually cause a partial blockage of the vessel, potentially resulting in a heart attack.

People of any age can become victims of gum disease. About 33 percent of people over the

age of 30 are diagnosed with gum disease. The cost of gum disease is high: Americans spend about \$8-12 billion each year to fight gum disease. This large sum does not include the medical problems that gum disease can cause.

Periodontal disease can destroy one's oral health; plus, gum disease may contribute to other diseases such as heart disease, diabetes, rheumatoid arthritis, chronic kidney disease, and cancer.

Periodontal disease has been linked to pancreatic cancer. Pancreatic cancer is especially difficult to treat and little is known about the exact causes. Recently, researchers discovered that people with pancreatic cancer have high levels of oral bacteria.

This cancer is the fourth-leading cause of cancer-related deaths. About 30,000 Americans are diagnosed with pancreatic cancer each year; sadly, fewer than 5% of people with pancreatic cancer survive more than five years.

