

# DENTAL NEWS *and Views*

STAYING UP-TO-DATE WITH DR. CARLO BIASUCCI

Produced to improve your dental health and awareness

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## fromthedentist

### The Best Thing To Do *Come on in!*

Every dentist hears amusing and creative excuses for missed appointments –

you know, variations on *the dog ate my homework* theme. Some patients just flat out admit they had something better to do. But the real truth is they only think they've got something better to do. Your oral health is precious – and without regular care – precarious.

Let me explain. Your body is its own ecosystem. If the bacterial balance of your oral environment is lost, it can lead to painful cavities and gum disease with tooth and bone loss. It will also affect your general health - gum disease is linked to diabetes and cardiovascular disease. The more you postpone, the more expensive and costly treatment can become. For example, the cost of replacing a tooth with an implant is 3 times the cost of preserving it with a crown. As the saying goes, an ounce of prevention is worth a pound of cure. Prevention will save you both time and money in the long run. If you ever have any questions about what we can do for you, please feel free to ask our team.

– Dr. Carlo Biasucci



## Who *Needs* To See A Dentist?

Whether your age is 1 or 100, every life stage presents its own oral health challenges, and for modern health-conscious individuals, lifestyle can sometimes require its own checklist...

**Baby Boomers** – Whether you are male or female, hormonal changes can increase your risk of periodontal disease which can lead to tooth loss and has been linked to diabetes, osteoarthritis, oral cancer, cardiovascular, and other diseases. Xerostomia (dry mouth) can create problems and worn-out fillings or restorations should be replaced before they negatively impact your bite and appearance.

**Sports Enthusiasts** – Whether for a child or just the precious child in you,

sports enthusiasts need a mouthguard for protection from injury which can increase the risk of an abscessed tooth or expensive restoration. Sports enthusiasts are also at risk for enamel erosion from sports drinks.

**New Parents** – Expectant mom's hormonal fluctuations put them at increased risk of gum disease and double their risk of premature birth. "New-mom gums" also need special attention. New dads are also vulnerable to oral health problems as they share the stress and fatigue of interrupted sleep and home care routines including irregular meals and nutrition.

Dentistry provides crucial complementary care to your at-home oral hygiene regimen!



*Thank you for all your referrals. We appreciate them!*



## Not For Women Only

### 6 perio facts

**1** Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

**2** Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

**3** Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

**4** Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

**5** Tobacco and alcohol should be avoided, especially in combination.

**6** Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

# Healthy You

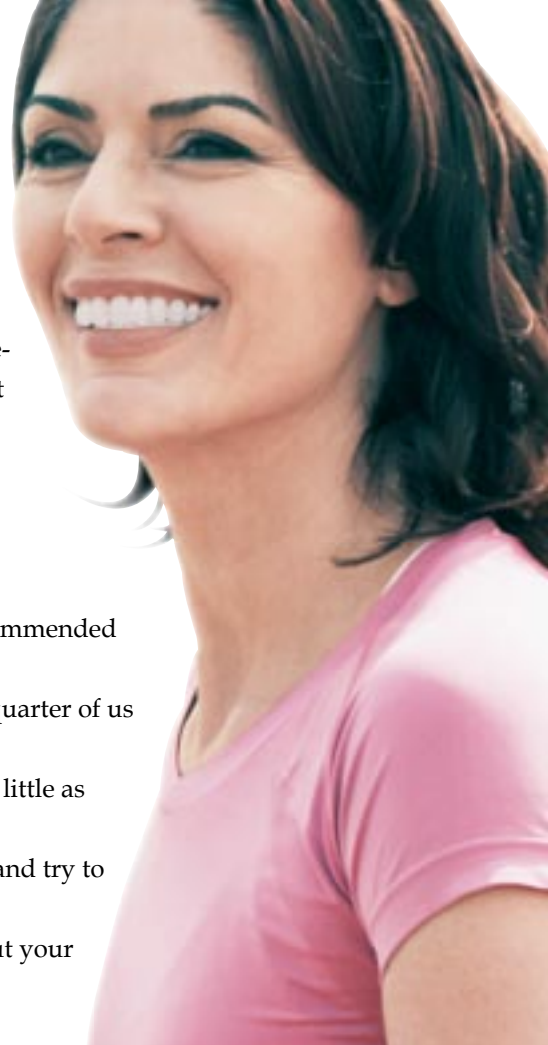
## Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

### *Did you know...?*

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



## Wish No Longer

### Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

### **Cosmetic veneers could give you your dream smile if...**

**You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.**

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

**You are unhappy with the shape and proportion of your teeth.**

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

**You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.**

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

# A Little Or A Lot

## You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

### Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

### Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

### Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

### Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCOLOR



IDEALIZE

## TEMPT YOUR TASTEBUDS

### TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.



# Just Like A Splinter

## Periodontitis: silent and progressive

Everyone has had a splinter under their skin at one time or another. The tiny culprits often turn up silently, and it's only later that you notice the irritation. If left untreated, the wound can become inflamed and even infected – your body's natural response to an invading foreign substance. That's when a commonplace nuisance can become an uncomfortable and potentially serious problem. That's how *periodontitis* – or gum disease – works.

When plaque, an invisible, sticky bacterial film, is allowed to build up on your teeth, usually around the gumline, it can harden into an unattractive yellowish substance called *tartar* or

*calculus*. If ignored, calculus accumulates between the tooth and the gum creating pockets of infection, causing swelling, tenderness, and even bleeding – just like a nasty splinter.

Periodontal disease has been called *the silent disease* because it arrives unannounced and can worsen with little or no initial discomfort. Although initially quiet and unassuming, it is the leading cause of tooth loss among adults, it can destroy bone and supporting tissues, and it has been linked to life-threatening illnesses like heart disease and stroke, diabetes, and cancer, as well as to premature births.

Only a dentist or hygienist can remove calculus. But the best cure is prevention through regular brushing and flossing. Like a splinter, it's best to remove plaque before the nuisance becomes a problem.

Could it be time for *your* professional cleaning? Please call us for a consultation.



**LEFT:** Without brushing and flossing, bacteria have the potential to damage your gums which could eventually lead to tooth loss.

**RIGHT:** Research has shown that we see teeth as whiter when they are surrounded by pink gums.

## office information

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### Office Hours

Monday 9:00 am – 6:00 pm  
Tuesday 9:00 am – 6:00 pm  
Wednesday 9:00 am – 6:00 pm  
Thursday 9:00 am – 6:00 pm  
Friday closed

\* Closed for lunch from 2-3pm

### Contact Information

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### Office Staff

Gloria, Ashlee, Leslie ..... Administration  
Kerry, Christine.....Dental Assistants  
Dianne, Stephanie, Christine .....Hygienists

*Communication is important  
to us – don't be  
afraid to ask questions!*



## Cool Clear Water

Drinking water has become very trendy. In some shops, entire aisles are dedicated to bottled water. But tap or well water from a good source is just as good for you ... and for your mouth.

### Water...

■ is essential to maintain your oral and overall health. On average, human body weight is 50-75% water – or about 10-12 gallons. The specific percentage varies for each individual.

- won't stain your teeth;
- is an effective rinse when there's no time to brush or floss;
- is essential in saliva production, neutralizing tooth-attacking acids and protecting teeth and gums from cavity-causing bacteria;
- prevents xerostomia (dry mouth) which can interfere with speaking, eating, chewing, and swallowing;
- maintains your mouth's pH balance to fight enamel erosion.

## Referrals Do Us Proud

...Every time!



We take great pride in a team that always offers friendly, family-style dentistry. We try always to build on the excellent rapport we develop with you. We are committed to continuing education courses to learn the latest techniques ... but we know that spending time with each of you is the best way to ensure that you are receiving the meticulous care you deserve.

After all, we are your dental office and your dentist! And you should feel free to share us with your family and friends. We take your referrals as a great compliment and an affirmation that you feel secure and comfortable with our team. We also know this means you've entrusted us with the care of family, friends, and colleagues.

Thank you for your trust!