

from the dentist



Sell Me Your Sweets!
Easy cash in hand

Halloween is an exciting night: the chance to dress up however you want, race through the neighborhood in the dark, and get free candy! What could be more fun than that? But after the costume comes off, what's left? Hyperactive kids with cavities? Not so attractive. So here's an idea... Your kids can sell me their candy through my Halloween Sweet Smile Program.

On Tuesday, November 1st, from 4-6pm my team and I will be coaxing all "retired" vampires and their ghoulish friends to bring us their loot. **We'll pay \$1 per pound!**

Cold hard cash for healthy teeth. Now that's a sweet deal if I've ever heard one!

Have a great autumn! And remember, if we haven't seen you in a while, we really should share a smile soon!

Yours in good dental health,

Dr. Cynthia Sclater



Importance Of X-Rays

Diagnostic tool not to be skipped

At our practice, your safety and wellbeing are our top priorities. We would never subject you to any procedure or technology that we don't find absolutely essential to ensuring your optimal oral care. In fact, our number one promise to you is that we never compromise on the level of care we provide - which is why we will be implementing routine Full Mouth X-rays (FMX).

By taking FMX, we get to see each tooth and gum tissues from more than one angle. This allows us to better discover hidden decay or other issues.

- FMX are done every 3-5 years. They give us a clear, comprehensive look at your entire mouth - allowing us to see:
- bone loss in those tooth-supporting jawbones, which could be the result of advanced periodontal disease,
 - decay that is hidden between teeth or under fillings,
 - tumors, which could be cancerous or benign,
 - abscesses or cysts, located in jaw or



- sinuses,
- improper tooth or root alignment,
- developmental problems,
- impacted teeth trapped below the gums,
- infections at the root tips,
- missing or extra permanent teeth,
- and other issues that are hidden inside the tooth or under the gums.

By taking the time to conduct regular Full Mouth X-rays, we can diagnose many issues in their early, more treatable stages. This can save you time and money!

Increase your smile power. Ask us about teeth whitening!

Don't Be So Sensitive!

Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

That Jarring Jawbone!

Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce
the power
of your
smile

PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

3 Ways To Age Your Smile

Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

FIRST Receding gums. When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

SECOND Root cavities. Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

THIRD Tooth sensitivity. Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



IN PRAISE OF Olive Oil

Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



Welcome Back Dr. Mohomed

It's great to see you again!

Time really flies when new babies come along. Can you believe our Associate Dr. Kareema Mohamed's baby is already 3 months old? Now that she's back, we're definitely looking forward to some baby pictures, and to hearing all about Ellyse - her gorgeous little girl! When Dr. Mohomed joined us in January, she worked part-time until the end of April when she went on maternity leave, so we'd like to re-introduce her to you.

Dr. Mohomed received her dental degree from the *University of Pittsburgh*, and completed her general practice residency at *Lehigh Valley Hospital*. Her primary focus is on helping each individual patient to achieve and maintain optimal oral health, and of course, her favorite part of being here is interacting with you.

Dr. Mohomed grew up in Trinidad, West Indies, and chose to relocate here because of opportunities for herself and her husband Remash Guyah. She, Remash, and Ellyse share a home with two cats, Jaza and Musa, and outside of the office, Dr. Mohomed enjoys spending time with them, socializing with friends, reading, and sightseeing.

Although she has only been with us for a short time, Dr. Mohomed's positive impact is already being felt. Her professionalism and great enthusiasm for providing quality dental care is a great addition to our team.

Please say hi next time you're in - and ask her about that ziplining through the Jamaican forest thing!



Announcing Baysox Ticket Winner!

This month we go deep.

We had no idea we would get such a great response to our Bowie Baysox Six-pack Draw. Not only did we get tons of submissions, we got scads of correct answers, too! The title of Most World Series Home runs belongs to the great Mickey Mantle of course, but we could only draw one winner. *The six-pack of Fielder's Choice Baysox tickets goes to Joe Byer of Owings, MD. Congratulations, Joe!*

Are you ready for our next ticket giveaway? Can you smell the chipotle? Hang on to your tailgates because our November winner will be firing up the barbeque in the Lincoln Green parking lot getting revved up for the Redskins. Our lucky winner will receive two tickets to the Redskins/Jets game, Sunday December 4th at Fed/Ex Field in Landover, Maryland. Kick-off is slated for 1:00 pm, and we have a feeling that Grossman and team will be hotter than tailgate chilli for this early December game.

To enter your name just answer the following trivia question and submit it by email to drawing@dunkirkdental.com.

Trivia Question: What wide receiver led the Redskins in receiving yards from 1994 to 1996?

All correct responses are eligible for the big draw! Entries must be submitted by Nov. 15th, 2011. Go Skins!

office information

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Dawn Office Manager
PamelaScheduling Coordinator
Doris Desk Collections
Samantha B Financial Coordinator
Barbara, Sandi, Jessica S.....
.....Dental Hygienists
Dusty, Jessica D..... Dental Assistants



Press 1 To Confirm It's that easy!

We all have busy lives. That's why we want to make your dental care as convenient and efficient as possible. It's with this in mind that we adopted

Televox® HouseCall™ System, so you can confirm your appointments with just the press of a button!

We wanted to make confirming your appointments as easy and convenient as we possibly could. So, by using Televox HouseCall System, you will get a reminder call two days before your scheduled appointment. This automated call will remind you of the date and time of your appointment, and if you are still able to make it ... just **press 1 to confirm**.

If you prefer to confirm your appointment via personal phone call or text, please let us know.

PPO Insurance Explained

Preferred Provider Organizations (PPO) set up fee arrangements with professionals, called *in-network providers*, and will cover a higher percentage of fees incurred through these individuals. However, if you choose to receive care from an *out-of-network provider* (those without a fee agreement with the PPO), the PPO will still cover a portion of the costs - just a slightly lower percentage.