Ahh ... Summertime!

Which way to the beach?

As we breeze through the lazy, hazy days of summer, kicking back and swinging in the hammock can be made easy knowing that your dental checklist has been pulled together for you. And yes, that does sound like something a dentist would say! But seriously, with so many things to think about, it’s easy for the details to get away on you.

Here are a few things to check off your list...

1. **Mouthguards**
   - Protecting your teeth from summertime sports injury is essential. What shape is your mouthguard in? Have your children outgrown theirs? Make sure your protection is in top-notch shape!

2. **Insurance Opportunities**
   - Your dental insurance will likely expire December 31st. Call now to make the most of your benefits this year. Summertime gives us an excellent opportunity to plan your treatment over the next six months.

3. **Back To School**
   - Book recalls for your kids now ... before school starts. And for college kids, ensure they see us before they end up too far away for care.

4. **Recare**
   - We’re learning more and more about how healthy gums equal a healthy body. Have you had a recare appointment in the past six months?

5. **Esthetics**
   - Whiten, brighten, and shine up your smile for those summertime photos! Ask for a personal cosmetic consultation!

So give us a call, check dentistry off your to-do list, then get back to summertime fun!

Thank you for all your referrals. We appreciate them!

Talk About Great Ideas!

*Kick ‘em around!*

First you wait all year for summer, and then in the blink of an eye, it’s ... which way did it go? Well, I like to think that we’re doing our part to help you slow down and savor the season. Think of your newsletter as your own portable Discovery Channel. It’s been designed to inform you, but also to be enjoyed!

I’ve never met a patient yet who didn’t get a kick out of learning something new. I hope that every issue of Word Of Mouth inspires interesting conversations with friends and family about health issues, how to keep your best smiles, and setting achievable goals to be your personal best.

Let us help you to keep on discovering. We’re right here and always happy to answer your questions and discuss your healthiest smile options.

Have a great summer,

Dr. Robert Lenizky,
Dr. Thelam Nguyen and
The Applewood Team
From Flaw To Flawless
This could be you!

There are some excellent orthodontic choices available today, but for those who have minor smile irregularities and no significant bite or TMD (jaw joint) issues, there are other cosmetic options that take only a visit or two.

We can create the appearance of...
• straight even teeth
• an even gumline
• a gap-free smile
• a more symmetrical smile.

Believe it or not, these involve the same reliable techniques and enamel-colored materials used to disguise flaws like stains, chips, fractures, and old silver-colored fillings. Some people elect a whitening spruce-up in advance of their makeover.

Bottom line? You could be a great candidate for a “no orthodontics” makeover!

Don’t put your future at risk

Scientists now believe that the common *streptococcus* bacteria, the type responsible for causing gum disease and tooth plaque, may increase the risk of heart attacks, plaque growth on your heart valves, and inflammation of blood vessels that can block the blood supply to your heart and brain.

The link between gum disease and cardiovascular disease has been known for some time, but now scientists believe they finally understand how...

Once bacteria has entered your bloodstream through wounded gums, it creates a protein which causes the platelets in the blood to clump and stick together.

The platelets encase the bacteria, forming a kind of armor that protects the bacteria from both the immune system and antibiotics that might be used to try and treat the infection.

Previous studies have suggested that other oral bacteria, *Preventella intermedia* and *Tannerella forsynthesis*, are also likely to increase the risk of heart attacks – by 35% and 53% respectively.

Systemic links have also been made between gum disease and diabetes, arthritis, Alzheimer’s, complications of pregnancy, kidney disease, and cancers.

Don’t take unnecessary risks. Please, please brush and floss … and please, please, keep your family’s regular recare appointments.

5 Facts About Apples Good clean fun!

If you and your family are living life on the run – or on the freeway – try a low-cal affordable nutritious apple snack. It’s an ideal way to get a quick energy pickup without spills or container cleanup.

Here’s what apples offer...

- **Pectin** is a soluble fiber that helps maintain your digestive system and lowers blood pressure, glucose levels, and LDL (bad cholesterol).
- **Quercetin** is a flavonoid which may reduce the risk of cancers and free radical damage implicated in age-related health problems.
- **Phytonutrients** including vitamins A and E and beta carotene can help reduce the risk of heart disease, diabetes, asthma, and cancers.
- **Boron** supports a healthy brain and strong teeth and bones.
- **Vitamin C** boosts immunity and keeps gums healthy.
WANT TO SHINE? You can, and here’s how!

This could be your time to gain entry into that luminous league whose smiles spark up every room they enter. If you have questions about safe, quick, and predictable professionally supervised whitening, look no further!

What is whitening?
It is a process that removes stains and discoloration to brighten your teeth enamel. After childhood, most people can benefit because their teeth tend to darken and yellow, particularly if they...
- drink coffee, tea, or red wine
- have experienced a root canal procedure
- chew or smoke tobacco
- take certain medications
- experience natural ageing.

What are the benefits to me? Patients have experienced...
- teeth that have brightened up to 8 shades
- greater self-confidence in social and business settings
- improved appearance
- the freedom to smile more often.

Why should I get supervised teeth whitening?
Two reasons. Without supervision, ingredients found in some off-the-shelf kits could injure your gums and other soft tissue in the mouth and throat, or make you ill if ingested. Secondly, unless appropriate for your teeth enamel and degree of staining, results are unpredictable.

We make absolutely certain that the whitening ingredients and the system we prescribe for you suit your individual teeth and gums, smile goals, and budget!

3 WAYS TO TAKE FLIGHT & STAY FIT

Experts agree that as little as 20 minutes of activity a day can keep energy levels up and fight fatigue in adults – but what to do when you’re traveling?

1. Check It Out Research shows that a nicer gym will increase your motivation. Ask what’s available in advance of your reservation. Through the concierge, reserve sports items that are awkward to travel with (e.g. rackets).

2. Pack Fittingly Leaving gear behind is asking for trouble. Take light-weight gear like running shoes and resistance bands that suit your program.

3. Get Creative If there is no facility available, look for other options: walk to meetings… up stairwells and down hallways … and around the tradeshow floor. Take a running or walking tour. Ask the front desk for a map or sign up for a guided tour of the local sights.
Dental Implants
Serendipity and your smile

This could be one of the most serendipitous articles you’ve ever read. That is, you are about to discover something delightful where you least expected to find it. What is it? Dental implants are more than restorative ... They can help you to look great!

Teeth that are lost to gum disease, cavities, or trauma from an accident can be permanently replaced by dental implants – artificial teeth permanently anchored in the jawbone. This is important. Bone loss will always follow the loss of a tooth. And if bone is lost even from only one tooth, the surrounding teeth will shift. This can affect your appearance, speech, ability to enjoy food, and your self-esteem.

Let us help you decide whether dental implants are for you. Like any other cosmetic restoration, we’ll take into account your health, where the implant is needed, the best implant design, and its suitability for your lifestyle.

HOW CAN IMPLANTS HELP?

- Placing dental implants soon after tooth loss can save bone, teeth, and the look of your smile.
- For people with good overall health and healthy gums and bone, implants can be an attractive alternative to a denture or bridge.
- Implants really do look and feel just like real teeth.
- Implants help to keep gums looking healthy and young.

AN OPEN INVITATION

To you & yours

We appreciate your business and friendship, and though you may not realize it, your referrals are also crucial to our success. Your ongoing recommendations let us continue to grow. In turn, we can invest in technology, additional staff, expanded hours, and other improvements to offer you and yours the most convenient and very best dental treatment.

Your referrals are our number-one source of new patients and not one of our team members takes that for granted. We are proud of your confidence in us and sincerely look forward to providing you, and each person you recommend, with only the highest quality of service and care.

Thank you in advance! We look forward to welcoming your friends, family, and colleagues with a smile!

We Hope You ‘Like’ Us

Now that our Facebook Page is up and running, we would like you to ‘LIKE’ us. Our goal is to reach 500 fans by the end of the year. However, to make it fun along the way, we are giving away two complementary teeth whitening for two of our lucky fans when we reach 250 fans. Now that’s is an offer no one can refuse. So what are you waiting for? Visit our Facebook page at www.facebook.com/applewooddentistry and click on that ‘Like’ button. See you all on Facebook.

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