

FROM THE DENTISTS

Let Your Smile Show Your Success!

Did you know that the day we celebrate the new year is really just a lucky bit of calendar-tampering? January 1st was pulled out of the air by the Romans to synchronize their calendar. We are the grateful beneficiaries of an accidental tradition that provides the opportunity to reflect on the past and to look forward to the future.

One of the most common New Year's resolutions that patients share with us is their resolve to quit smoking - a future we really support! And if you're going to be a non-smoker, why not *look* like a non-smoker? We are encouraging all of our patients to take advantage of our **Winter Tooth Whitening Special** to ring in the new year with a whiter, brighter smile!

The new year is also a great time to book your recall appointment. If it's been more than three months since your last checkup, give us a call! We can answer your questions or concerns, and begin your tooth whitening at the same time!

-The Doctors & Staff of Souris Valley Dental Group

Winter Tooth
Whitening Special
\$50 Off!

* Regularly \$300.
Offer expires January 31st, 2004.

Hidden Sugars - Where Is It Coming From?

Can you believe a dentist recommending the sugar bowl?

That's right. We are recommending that you bring out the sugar bowl again and place it next to the cereal bowl. In fact- we are encouraging you to allow the kids to put sugar on their cereal each morning. Why would we say such a foolish thing? Let's look at the facts.

We all know that sugar is an essential ingredient in our diet. The question is.... how much is too much? Let's think about a common measurement of sugar, the teaspoon. Imagine our kids starting out each day with a spoon and a bowl of sugar. How many spoonfuls of sugar would you like to see the kids eat? One, two, five or more than ten!!!! Would a large dose of sugar be a good way to start your kids' day? Well, you may in fact be setting them up for such a start each day.

The most popular breakfast cereals sold today are the *presweetened* variety. This has not always been the case. It used to be that cereals were sold unsweetened and you added the

sugar at the table. It may seem more convenient and easier to use the presweetened cereal, but we should know exactly what we are feeding our children and ourselves.

You can look at the labels to see what is included in the cereal. The average *servicing size* is one cup. Most kids would use more than this to fill up the bowl. We have researched the labels for you, so look below to see some examples of sugar contained in a one cup serving size.

What can you do for your children to avoid this high intake of sugar? Well ... buy the unsweetened variety of the cereals and put the sugar bowl back on the table. Let the kids add a spoonful or two to each bowl on their own. It is doubtful they would ever add as much as is already on the presweetened cereal. In addition, much of the added sugar will go into the milk solution and stay in the bottom of the bowl.

Now you may see what we mean when we say *Put the sugar bowl back on the table!*

Cereal	Grams of Sugar	Teaspoon Equivalent
Cheerios	one gram	1/4 teaspoon sugar
Honey Nut Cheerios	11 grams	3 teaspoons sugar
Frosted Cheerios	13 grams	3.5 teaspoons sugar
Corn Flakes	2 grams	1/2 teaspoon sugar
Frosted Flakes	12 grams	3 teaspoons sugar
Puffed wheat	0 grams	0 teaspoons sugar
Sugar Smacks	15 grams	4 teaspoons sugar
Cocoa Puffs	14 grams	3.5 teaspoons sugar
Shredded Wheat	0 grams	0 teaspoons sugar
Frosted Shredded Wheat	12 grams	3 teaspoons sugar



Whitening



Crowns



Veneers



Privilege To Practice Dentistry

It is truly a privilege to practice dentistry today. As any caring dentist will tell you, successfully providing your oral care has always been part art and part science. As scientific knowledge has exploded in recent decades, we have the pleasure of utilizing increasingly better technologies that can improve your oral health and your self-esteem – all while keeping you comfortable.

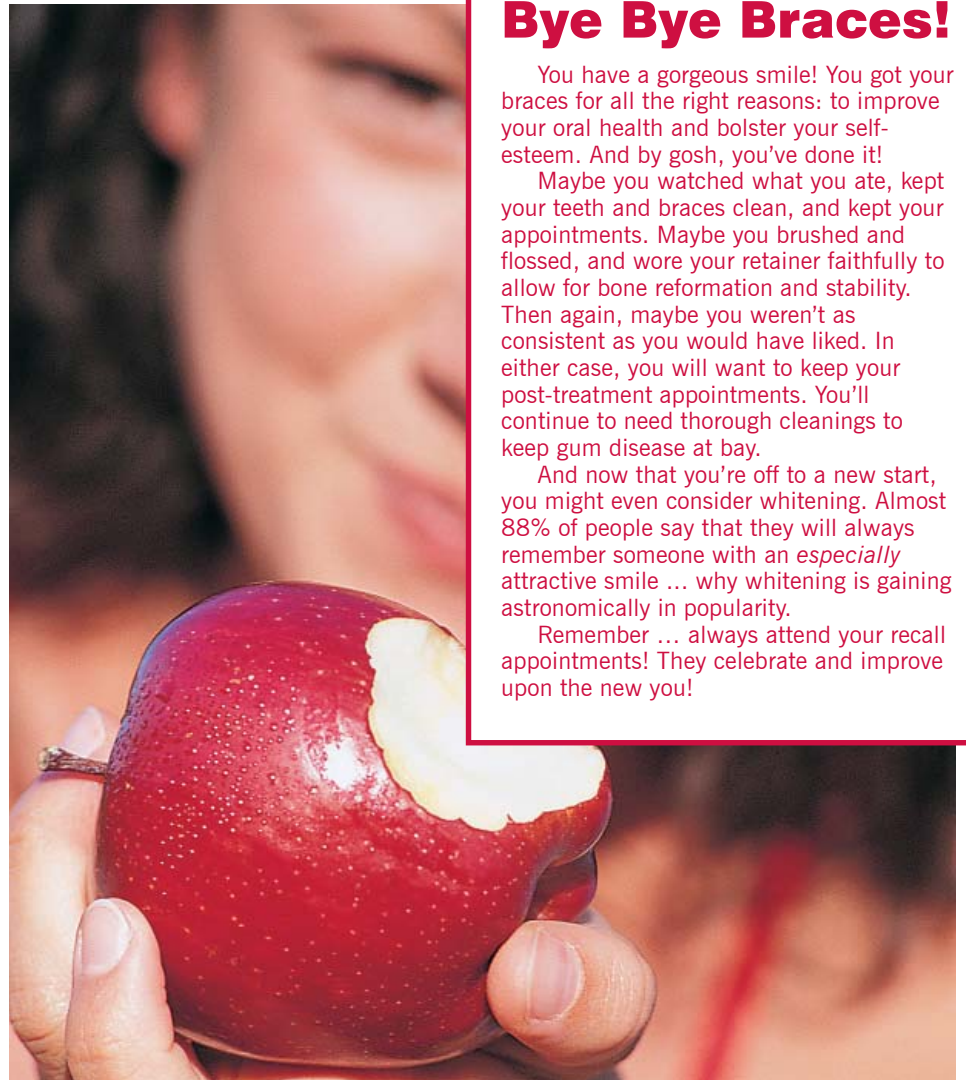
The twentieth century brought many improvements in dental instrumentation, in our understanding of the nature of dental disease, and in the materials that are available. These advances provide tools that are quieter, faster, and more comfortable, as well as natural-looking materials like white fillings and porcelain veneers that strengthen and beautify your teeth. Dental implants, once the stuff of science fiction, are among the 20th century's advancements that have made oral function and a natural-looking smile a reality for people with missing teeth. If the twentieth century fulfilled its promise, the twenty-first promises to surpass it.

Future options include the staggering possibility of regenerating bone and tooth. Work is being done with amorphous calcium phosphate which can form *hydroxyapatite*, the mineral found in teeth and bones. The ability to produce it has enormous potential for the manufacture of dental implants, and less dramatically, as an

adhesive for braces that will help remineralize teeth.

The next time you sit in the dental chair to be treated with one of the wonders of the modern scientific world, you might reflect on how this came to be. It takes enormous

investments of money and entire teams of material scientists, computer scientists, toxicologists, synthesis chemists, and important industry collaborators to bring these advances to us. And we have the privilege of bringing them straight to you.



Bye Bye Braces!

You have a gorgeous smile! You got your braces for all the right reasons: to improve your oral health and bolster your self-esteem. And by gosh, you've done it!

Maybe you watched what you ate, kept your teeth and braces clean, and kept your appointments. Maybe you brushed and flossed, and wore your retainer faithfully to allow for bone reformation and stability. Then again, maybe you weren't as consistent as you would have liked. In either case, you will want to keep your post-treatment appointments. You'll continue to need thorough cleanings to keep gum disease at bay.

And now that you're off to a new start, you might even consider whitening. Almost 88% of people say that they will always remember someone with an *especially* attractive smile ... why whitening is gaining astronomically in popularity.

Remember ... always attend your recall appointments! They celebrate and improve upon the new you!

2 Teen Trends

In recent years, we dentists have been finding ourselves

increasingly at the diagnostic front line when some teen trends go awry. We are often the first to see problems like eating disorders and oral infections that, if diagnosed and treated at an early stage, can be managed successfully.



Tongue Piercing

Since the wound never entirely heals, the risk of infection is ever-present, and ongoing watchfulness is required on the part of the patient. Bleeding, swelling, worn gums, broken teeth, or damaged restorations are all possibilities. These are not the only problems presented by piercing. The bottom line? Don't do it!

Eating Disorders

Bulimia nervosa affects many young teens. Unable to resist *thin is in*, young bulimics try to lose weight by binge eating followed by purging, usually vomiting. Eventually, stomach acid erodes the teeth's enamel, revealing the yellow dentin beneath. Because much of the damage is behind the teeth, dentists are often the first to see it. Bulimia nervosa is a complex disease, but if diagnosed in a timely manner, intervention can be successful.



We are always vigilant when it comes to your dental health. If you or a family member is tempted to skip your regular recall, please reconsider. Your oral health is too important.

then&now

You probably have a parent or grandparent who remembers a weird and wonderful contraption from the 1930s that claimed to analyze your personality by the bumps on your head. The contraption was based on the science of Franz Joseph Gall who in the eighteenth century mapped out these bumps and developed the first complete theory of cerebral localization. He called it *phrenology* from *phrenos* (mind) and *logos* (study).

The present met the past when Case Western Reserve School of Dentistry completed a two-part orthodontic study to determine a craniofacial risk index for snoring, including fourteen face and head measures based on measurements from 25 different parts of the face. One conclusion: a round-shaped head can be a predictor of snoring. Other studies have suggested that long, narrow faces encourage mouth breathing, contributing to *sleep apnea*.

Chronic snoring and *sleep apnea* are characterized by the blockage of the air passage during sleep, and can cause a person to stop breathing for several seconds many times a night. Sleep apnea can lead to cardiovascular problems or accidents due to inattention from sleep deprivation.

If you have a problem with snoring or believe you may suffer from sleep apnea, give us a call - we have strategies to help you!

IT IS ROCKET SCIENCE, ACTUALLY



What do heat-seeking missiles and your smile have in common? The same NASA technology used to track heat-seeking missiles has been used to develop your invisible braces!

This is only one dental application of space-age technology. Ultrasound diagnostics is a NASA technology developed to assure the safety of aircraft and space systems at time of flight. It is being adapted to detect, image, and map

periodontal tissue. These sound-wave photos of your mouth will allow earlier detection of periodontal disease.

Laser technology was originally used by NASA to research atmospheric conditions. Two laser wavelengths have been incorporated into instruments for dentistry: one for hard tissues (teeth); one for soft tissues (gums). They're now available in one instrument, making the technology more cost-effective and accessible.

Every day, even more amazing technologies inch closer to dental applications ... right here in our office!



The Silent Thief

Men and women and osteoporosis

Your entire skeleton replaces itself every ten years. Around age forty both men's and women's bone-protecting hormones decline. As men move through andropause and women through menopause, their ability to replace bone tissue becomes slower than their ability to rebuild it, leading to some degree of thinning.

Osteoporosis is the cause of virtually all broken bones in people over age 65

Women also have a 5% lower bone density than men to begin with, leaving them with fewer reserves to draw on when age-related bone loss begins. These two factors: diminishing

reserves and declining hormones can escalate the development of osteoporosis or *porous bones* in both sexes, and particularly in women.

Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, and an inability to create functional restorations. Osteoporosis is the cause of virtually all broken bones in people over age 65. Science is urgently exploring preventive and therapeutic options, but early detection is still the best defense.

As your dental professionals, we

may be the first to observe its silent symptoms based on your medical history, including risk factors, and results of clinical and x-ray examination. We urge you to keep your recall appointments.



OFFICE INFORMATION

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..... Dental Hygienists

Where Is Your Dental Health Today And Where Is It Going?

Poor Average Excellent
 /_____/_____/_____/_____/_____/_____/_____/_____/

Look at the graph line above. Where would you rate your current dental health along that line?

The next question is where would you like your dental health to be? Is it in the same place? If not, are you interested in finding out how to get to your goal?

What about dental insurance?

Where along that line do you think your dental insurance coverage would be able to place your dental health.

You may be surprised to learn that dental insurance coverage will provide for only *average* care for your dentition. Is that where you want to be? If not, who will be responsible for dental care and services to get you where you want to be?

These are choices we each

have to make about our dental care. If the condition of your mouth is poor, it is important that you make the decision to change how you have looked at your dental care in the past. We at *Souris Valley Dental Group* are ready, willing and able to help you achieve the level of dental health you want for you or your family. If you are lucky enough to have dental insurance to help you along the way, we at Souris Valley

Dental can help you optimize your benefits and improve or maintain your dental health. While all insurance policies can limit what they cover of your dental care, it cannot stop you from achieving your desired dental health. Let us help you make the decisions about your care. You have the final choice.

